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ABSTRACT

This teacher's guide contains materials to be used in a study of France and its cuisine. Unit 1 provides an overview of French geographic, political, economic, social, and cultural characteristics. Unit 2 studies French food habits, nutrition, food preparation, and meal patterns. Each unit contains a list of objectives (e.g., identify the type of salad preferred by the French; state the predominant religion in France), suggested activities for instructor and student, instructional materials (objectives, information sheets, e.g., vocabulary), transparency masters, assignment sheets, tests (multiple choice, matching, and essay), and answer key. Unit 2 also contains three job sheets (making crepes, omelets, and souffles). (CT)

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WORLD FOODS

THE FLAVOR OF FRANCE

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FOREWORD

The superb flavor and artistry of French cooking is renowned throughout the world. Perhaps nowhere else has the art of cooking been perfected to the extent that it has in France. Through the centuries France has produced a legendary cuisine and world famous gastronomes. The French people, including its world famous chefs and homemakers, are lovers of fine food.

This appreciation of fine food and the traditions of French cuisine were transmitted to America by many of the early settlers. Today French foods and cuisine are enjoyed throughout the United States. Restaurants featuring French food are popular in cities across the country. French chefs are featured at some of our famous and exclusive restaurants. Many homemakers participate in popular short courses and training sessions to learn more about French cuisine. Methods of food preparation perfected by the French and French cooking and menu terms are commonly found in all recipe books and on many restaurant menus.

The study of French cuisine should provide knowledge and skill enhancing even common food preparation and restaurant dining. The preparation of French dishes can also provide variety and interest to family meals.

WORLD FOODS

CONCEPTUAL STRUCTURE

MAJOR CONCEPT I — Implication of World Foods

- A. Cultural Food Patterns
- B. Nutritional Deficiencies in the United States and Abroad
- C. Organizations Participating in Universal Health Programs

MAJOR CONCEPT II — International Foods - Regional Foods

- A. Culture and Food Patterns
  - 1. Political
  - 2. Social
  - 3. Economic (population)
  - 4. Geography (ecology)
  - 5. Religion
  - 6. Processing and Production
  - 7. Techniques of Cooking
- B. Nutrition
  - 1. Population
  - 2. Diet and Disease
- C. Food Preparation
  - 1. Equipment
  - 2. Resources
  - 3. Meal Service
  - 4. Food Storage and Preparation
  - 5. Equipment and Use of Available Resources

MAJOR CONCEPT III — Careers in Food and Nutrition

- A. Opportunities
- B. Qualifications
- C. Personal Satisfaction

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THE COUNTRY OF FRANCE
UNIT I

UNIT OBJECTIVE

After completion of this unit, the learner should be able to identify France's borders, topography, regions, population characteristics, educational system, major products of the food production industry, major religion and various holiday and festival celebrations. This knowledge will be evidenced through the completion of the assignment sheet and by scoring at least eighty-five percent on the unit test.

SPECIFIC OBJECTIVES

After completion of this unit, the learner should be able to:

1. Identify the countries and major bodies of water bordering France and the size of the country in relation to the other countries in western Europe.
2. Identify the topography of the various sections and the climate of France.
3. Match the ten major regions with their notable characteristics.
4. State the type of government and the title of the head of the French government.
5. Identify the size of the population, distribution of the population and the differences in the five largest cities in France.
6. Describe compulsory, secondary and vocational education in France.
7. Identify the major products of the agriculture and food production industry in France.
8. State the predominate religion in France.
9. Distinguish among the various French celebrations of holidays and festivals.
10. Describe the role food plays in French family life including family celebrations, childrearing, design of average kitchen and shopping practices.

THE COUNTRY OF FRANCE
UNIT I

SUGGESTED ACTIVITIES

I. Instructor:

A. Provide learners with objectives sheet.

B. Provide learners with information and assignment sheet.

C. Make transparency.

D. Review unit and specific objectives.

E. Review information and assignment sheets.

F. Evaluate assignment sheets.

G. Give unit test.

II. Learners:

A. Read objectives.

B. Study information sheet.

C. Complete assignment sheet.

D. Take unit test.

INSTRUCTIONAL MATERIALS

I. Included in this unit:

A. Objectives sheet

B. Information sheet

C. Transparency Master TM-I-1: The Country and Regions of France

D. Assignment Sheet #1: French Bingo

E. Answers to assignment sheet

F. Test

G. Answers to test

II. References:

A. Books

1. Child, Julia. *French Chef Cookbook.* New York: Alfred A. Knopf, Inc., 1968.

2. Child, Julia, et al. *Mastering the Art of French Cooking,* 2 volumes. New York: Alfred A. Knopf, Inc., 1961.

3. Claiborne, Craig and Praney, Pierre. *Classic French Cooking.* New York: Time-Life Books, 1970.

4. Cole, Patricia. *People, Food and Science.* Boston: Ginn and Co., 1972.

5. Fisher, Mary Frances. *Cooking of Provincial France.* New York: Time-Life Books, 1968.

6. Garvin, Fernanade. *The Art of French Cooking.* New York: Bantam Books, Inc., 1958.

7. Guillaume, Monique. *World of Food: Provencial France.* Thomas Y. Crowell Co., 1973.

8. Kirshman, Irena, ed. *French Cooking.* New York: Garland Books, 1971.

9. *McCall's Introduction to French Cooking.* New York: Dell Publishing Co., Inc., 1973.

10. Montagne, Prosper. *Larousse Gastronomique: The Encyclopedia for Food, Wine and Cooking.* New York: Crown Publishers, Inc., 1961.

B. Articles

1. "Borel: France's Answer to Howard Johnson." *Business Week* 2425 (March 29, 1976):55, 59.

2. Clark, Deena. "Home Life in Paris Today." *National Geographic* 98 (July 1950):43-70.

3. "Equipment with a French Accent," *Forecast for Home Economics* 20 (February 1975): 86.

4. "French Food Flavored with Romance," *Coed* 19 (March 1975): 33-39.

5. "How to Prepare a French Omelet," *Forecast for Home Economics* 21 (September 1976): 136.

6. Manno, Anne. "Crepes for all Occasions," *Forecast for Home Economics* 20 (February 1975): 60-62.

7. McCully, Helen. "Seven Glorious Days in France with Recipes," *House Beautiful* 117 (October 1975): 108-109, 114-120.

C. Pamphlets

1. *A Glossary of French Foods and Cookery.* Information Center for French Food and Wine, P.O. Box 592, New York, NY 10022.

2. *Ekco's International Cookbook.* Ekco Housewares Co., 9234 W. Belmont Ave., Franklin Park, IL 60131. 1972.

3. *Food and Wines from France.* 1350 Avenue of the Americas, New York, NY 10019.

4. French American Cultural Service and Educational Aids, 972 Fifth Avenue, New York, NY. (Booklets and Maps.)

5. French Government Tourist Office, 610 Fifth Ave., New York, NY. (Travel Folders.)

6. *Nutritional Awareness Instruction Services for Classroom Use.* Family Circle, Inc., 488 Madison Ave., New York, NY 10022. (Kit C--French.)

7. "Our Cooking Heritage." Reprinted from *What's New in Home Economics,* 1969. The Reuben H. Donnelley Corporation, 466 Lexington Avenue, New York, NY 10017.

D. Films

1. *A Treat for the Gods.* This film, in full color, shows the Roquefort area in south central France and the details of the manufacture of Roquefort cheese, starting with milking of the sheep and ending when the finished cheese leaves the caves on its way to markets of the world.

   Available from: Roquefort Association, Inc.
   Attention: Mr. F. O. Fredericks
   41 East 42nd Street
   New York, NY 10017

2. *Fish Cookery with Savoir.* 16 mm Sound 14 minutes. This film, in full color, presents Monsieur Savoir, an imaginary and imaginative master of fish cookery, who renders pertinent aid to the perplexed cook.

   Available from: National Oceanic and Atmospheric Administration
   United States Department of Commerce
   Motion Picture Service
   122231 Wilkins Avenue
   Rockville, Maryland 20852

3. *Kitchen Talk.* 16 mm Sound 25 minutes. This film, in full color, features TV personality Joan Rivers and Craig Claiborne, food editor of the *New York Times.* The film takes a look at the two major aspects of the kitchen--function and style. It includes information on what's new today in kitchen appliances and kitchen decoration and design.

   Available from: Armstrong Cork Company
   Mr. Clyde O. Hess, Manager
   Consumer Services
   Liberty and Charlotte Streets
   Lancaster, Pennsylvania, 17604

E. Transparencies

1. Omelets (J-C A)

2. Sauteing (J-C A)

   The above transparencies are available from:

   Minnesota Mining and Manufacturing
   Medical Film Library
   2501 Hudson Road
   St. Paul, Minnesota 55119

THE COUNTRY OF FRANCE
UNIT I

INFORMATION SHEET

I. France is the largest country in western Europe and is bordered by several countries and three major bodies of water.

   A. France is bordered on the south by Spain and the Mediterranean Sea.

   B. France is bordered on the west by the Atlantic Ocean and the English Channel.

   C. The countries of Belgium, Luxembourg, West Germany, Switzerland and Italy form the northern boundaries of France.

II. France has a varied topography and a temperate climate.

   A. There are flat or rolling plains in the northern and western areas.

   B. Hills and mountains rise in the eastern, central and southern areas.

   C. The temperate climate lacks extremes of temperature or rainfall.

III. France has ten major regions.

   A. The Brittany-Normandy Hills have poor soils with a few fertile areas around the coast.

      1. Apple orchards, dairy farms and grasslands are predominant in this area.

      2. Thick hedges separating fields are notable in this area.

      3. The many bays have important sea harbors.

   B. The Northern French Plains have highly fertile soils and many industries.

      1. About one-sixth of the French people live in this heavily populated region, which includes Paris, France's largest city.

      2. This area has many major rivers.

C. The Northeastern Plateaus near Belgium are rugged and mountainous.

1. Livestock and a variety of crops are grown on the lower slopes and in the valleys.

2. This area has many forests which are harvested for lumber.

D. The Rhine Valley, which borders Germany, is composed of steep slopes and flat bottom land.

1. There are rich farmlands along the Rhine River and trees and vines are found on the slopes.

2. The Rhine River is a main inland waterway in Europe.

E. The Aquitanian Lowlands are composed of the area drained by the Garonne River.

1. Along the coasts there are sandy beaches.

2. Inland there are rolling plains where grapes for the wine industry are grown.

3. A major seaport, Bordeaux, is in this region.

F. The Central Highland or Massif Central is sparsely populated and has poor soil.

1. Cattle and sheep are raised on the lower grasslands.

2. Rye and other crops are grown in some valleys.

G. The French Alps and Jura Mountain region borders Italy and Switzerland.

1. Many tourists visit the ski resorts in this area.

2. Mountain streams provide hydraulic power.

H. The rugged Pyrenees Mountain area which borders Spain has poor soil and is thinly populated.

I. The Mediterranean Lowlands and the Rhône-Saône Valley is a productive farming land which is widely irrigated.

1. Fruits, vegetables and wine grapes are grown in this area.

2. Marseille, a leading port on the Mediterranean Sea, is in this region.

3. The Riviera is a famous resort in this area.

J. Corsica is an island in the Mediterranean approximately 100 miles southeast of the mainland of France.

1. This island is hilly with poor soils and a steep coastline.

2. Sheep graze in the mountains and crops are grown in the valleys.

IV. France's government is considered a Republic and is headed by a Prime Minister.

V. In 1974, France had a population of 52 1/2 million, about 1/4 the population of the United States.

A. About 2/3 of the people live in cities.

B. The five largest cities all have a population over 300,000; they are, in decreasing order of size:

1. Paris, the capitol and largest city in France.

2. Marseille, the second largest city, a principal seaport on the Mediterranean in southeastern France, and the oldest city in France.

3. Lyon, an industrial center in east central France where the Saône and Rhône rivers merge.

4. Toulouse, a cultural and industrial city in southeastern France on the Garonne River.

5. Nice, a seaport and leading resort city on the French Riviera.

VI. French children between the ages of 6 and 16 must go to school.

A. About 75 percent of the high school students go to public schools and the others go to private Catholic schools.

B. General high schools, called *collèges* or *lycées*, prepare students to enter universities.

(NOTE: The percentage of French students who continue into secondary education is smaller than in the United States.)

C. A *baccalauréat* examination completes the general high school program and only an average of 55 percent pass it and are then allowed to enter the universities.

D. Vocational schools offer job training in study lasting from 3 to 5 years.

VII. Agriculture and food production is an important industry in France.

A. The structure of the land, the quality of the soil and the climate are favorable to agriculture.

B. Important agricultural products in France include barley, corn, flowers, flax, fruits, livestock (mainly beef and dairy cattle, hogs and sheep), oats, rice, rye, sugar beets and wheat.

1. France is a leading nation in Europe for the production of wheat and vegetables.

2. Grapes used in making wine are usually grown in the southern portions of the country.

(NOTE: France rivals Italy as the world's largest producer of wine.)

3. Much of the milk produced is used in making butter and about 400 different kinds of cheese.

C. A fishing industry produces cod, crabs, herring, lobster, mackerel, oysters, sardines, shrimps and tuna caught off France's 2,300 miles of coastline.

VIII. Almost all of the people in France are Roman Catholic, approximately 90 percent of the total population.

IX. Most of the French holidays and festivals are closely associated with the Roman Catholic church.

A. Many cities celebrate Shrove Tuesday, the last day before Lent, with a colorful and merry festival called the Mardi Gras.

B. Most villages honor their local patron saint with a festival in July.

C. On *Noël* or Christmas, families hold reunions and gifts are given to the children.

D. *Pâques* or Easter is celebrated with children receiving colored Easter eggs and chocolate chickens.

E. Bastille Day on July 14 is the French national holida, commemorating the French Revolution and it is celebrated with military parades, fireworks and dances.

X. French families value time spent together and good meals.

A. Many family activities and special meals are an important part of religious celebrations.

B. Pleasant family conversation is considered an important part of the leisurely mealtime, thus creating a relaxing atmosphere and allowing time to savor and relish the taste of food.

C. Young children receive a lot of attention in French families and are taught early to appreciate good food and wine.

D. The average kitchen in the French household is small, simple, attractive and well-arranged by American standards.

E. French homemakers shop for food daily in many different specialty stores such as the meat store, bread store, produce store or dairy store.

The Country and Regions of France

THE COUNTRY OF FRANCE
UNIT I

ASSIGNMENT SHEET #1: FRENCH BINGO

Directions: The teacher is to write the terms in any order on the blackboard prior to class. (See answers to Assignment Sheet #1.) Each student is to fill in the terms any place on the bingo card from this list, prior to playing the game. The teacher then reads the question or definition. Students answer the question or definition by placing an object such as corn, beans or small pieces of paper over the correct answer on their card. A player wins when he or she has any five vertical, horizontal or diagonal spaces covered.

1. What is the country which borders France on the south?
2. What is the body of water in addition to the Atlantic Ocean which forms France's western border?
3. What are the five countries which form the northern border of France?
4. What is the classification for the climate of France?
5. In what sections of France are the flat and rolling plains found?
6. Name the island that is approximately 100 miles southeast of mainland France.
7. What is the area of France which contains many ski resorts and mountain streams which provide hydraulic power?
8. What is the area of France which contains 1/6 of the population, many rivers, highly fertile soils and many industries?
9. What is the area of France which forms the southern border, has rugged mountains, poor soil and is sparsely populated?
10. What is the central part of France that is thinly populated, has poor soil but produces cattle, sheep and rye?
11. What is the area drained by the Garonne River which has sandy beaches, rolling plains on which wine grapes are grown and is a major seaport?
12. What is the area of France which has many important harbors, poor soil and is noted for the thick hedges separating the fields?

13. What is the area of France that is rugged and mountainous but produces lumber and livestock?

14. What is the area of France that is composed of steep slopes and flat bottom land and includes the main inland waterway in Europe?

15. What is the area of France which has widely irrigated productive farmland which produces fruits, vegetables, wine grapes and which has a famous resort area and leading seaport?

16. What type of government does France have?

17. What is the title of France's head of government?

18. France has what fraction of the population of the United States?

19. What is the capitol and largest city in France?

20. What is the second largest city in France and a principal seaport?

21. What is the industrial city in the east central part of France where two major rivers merge?

22. What is the name of a seaport and leading resort city on the French Riviera?

23. What is the major cultural and industrial city in southeastern France?

24. What are the general high schools in France called?

25. Students in France are required to go to school until what age?

26. What is the name of the examination that students are required to take upon the completion of the general high school program?

27. How long does the job training in vocational schools in France last?

28. France is the leading nation in Europe for the production of what two agricultural products?

29. What are three of the major products of the fishing industry?

30. Grapes used in making wine are usually grown in what part of France?

31. What is the major religion in France?

32. What is the French national holiday commemorating the French Revolution?

33. What holiday is celebrated with a colorful and merry festival called Mardi Gras on the last day before Lent?

34. What holiday is celebrated with children receiving colored eggs and chocolate chickens?

35. What holiday is celebrated with families holding reunions and children receiving gifts?

36. What do villages usually celebrate sometime during July?

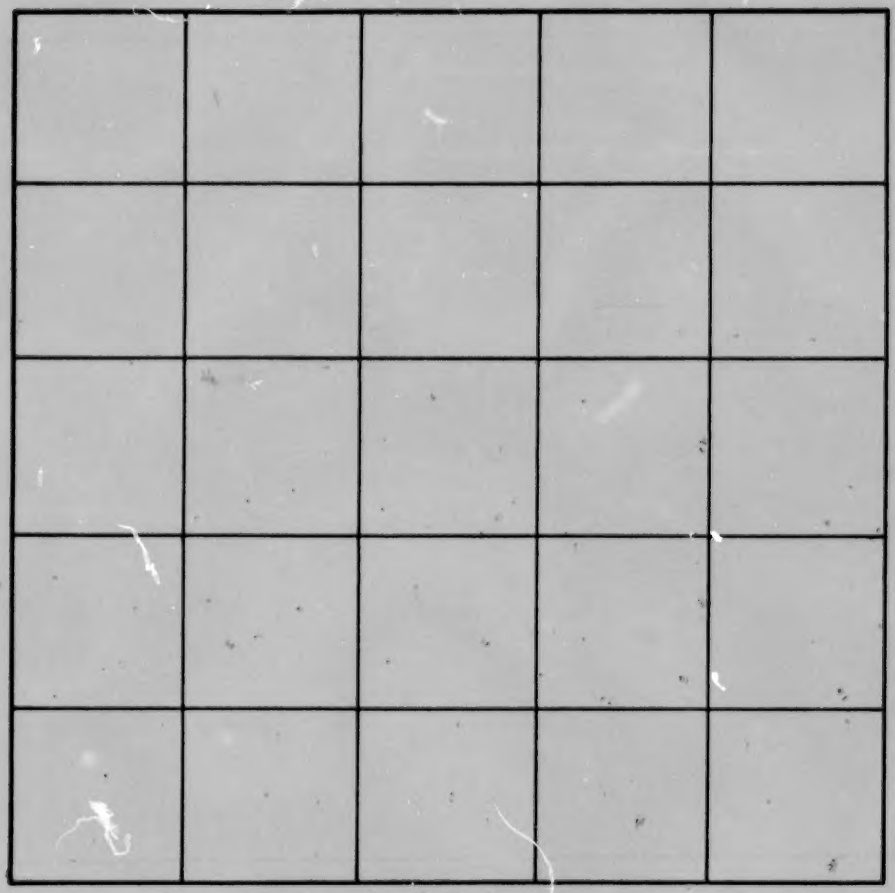
37. What four terms can be used to describe the kitchen in the average French household?

38. How often do French homemakers usually shop for food?

39. In what kind of stores do French homemakers usually purchase food?

40. What do many family activities and special meals center around?

B I N G O



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ANSWERS TO ASSIGNMENT SHEET #1

1. Spain
2. English Channel
3. Belgium, Luxembourg, West Germany, Switzerland and Italy
4. Temperate
5. Northern and Western sections
6. Corsica
7. French Alps and Jura Mountains
8. Northern French Plains
9. Pyrenees Mountains
10. Central Highlands and Massif Central
11. Aquitanian Lowlands
12. Brittany-Normandy Hills
13. Northern Plateaus
14. Rhine Valley
15. Mediterranean Lowlands and Rhône-Saône Valley
16. Republic
17. Prime Minister
18. One-fourth
19. Paris
20. Marseille
21. Lyon
22. Nice
23. Toulouse
24. *Collèges* or *Lycées*
25. Sixteen
26. *Baccalauréat*
27. 3 to 5 years
28. Wheat and vegetables
29. Any three of the following: cod, crabs, herring, lobster, mackerel, oysters, sardines, shrimps and tuna
30. Southern
31. Catholic
32. Bastille Day
33. Shrove Tuesday
34. *Pâques* or Easter
35. *Noël* or Christmas
36. Festival for local patron saint
37. Small, simple, attractive and well-arranged
38. daily
39. specialty stores
40. religious celebrations

Name _____

Class _____

Score _____

THE COUNTRY OF FRANCE
UNIT I

UNIT TEST

Multiple Choice: Read the possible responses for the following multiple choice items carefully. Choose the best answer or response and write its letter in the space provided to the left of the number.

____ 1. In comparison to the size of other western European countries, France is:

a. the largest
b. second largest
c. third largest
d. fourth largest

____ 2. The topography of northern and western France is:

a. hilly and mountainous
b. flat and rolling plains
c. combination of mountains and plains

____ 3. The topography of eastern, central and southern France is:

a. hilly and mountainous
b. flat and rolling plains
c. combination of mountains and plains

____ 4. The climate of France is:

a. arid
b. humid
c. temperate
d. varied

____ 5. The population of France is approximately what proportion of the United States' population?

a. 1/5
b. 1/4
c. 1/3
d. 1/2

____ 6. The proportion of French people that live in the cities is:

a. 1/2
b. 1/3
c. 2/3
d. 3/4

____ 7. Important French agricultural products include:

a. wheat, corn and barley
b. dairy products
c. fruits and vegetables
d. all of the above

____ 8. France's fishing industry produces:

a. lobster and shrimp
b. cod and herring
c. sardines and tuna
d. all of the above

____ 9. France is Europe's leading producer of:

a. wheat and vegetables
b. corn and fruit
c. beef, hogs and sheep
d. rice, rye and sugar beets

____10. The agriculture and food production industry thrives because of:

a. the structure of the land
b. the quality of the soil
c. the long coastline
d. all of the above

Matching: Match the following characteristics on the left with the name of the region on the right. Write the letter of the appropriate region with the matching characteristic in the space provided beside the numbers.

	CHARACTERISTIC	REGION
____11.	Heavily populated area with highly fertile soil, many major rivers and industries	A. Brittany-Normandy Hills
____12.	A hilly island about 100 miles southeast of mainland France where sheep graze	B. Northern French Plains
____13.	Apple orchards, dairy farms, grasslands and thick hedges separating fields	C. Northeastern Plateaus
____14.	A sparsely populated area with poor soil that produces rye, cattle and sheep	D. Rhine Valley
____15.	An area which forms the southern tip of France and has rugged mountains, poor soil and a small population	E. Aquitanian Lowlands
____16.	Contains the main European inland waterway, steep slopes covered with vineyards and rich bottom land for farming	F. Central Highlands or Massif Central
____17.	The productive farmland in this region is frequently irrigated to produce wine grapes, fruits and vegetables and the area contains a famous resort and leading seaport	G. Pyrenees Mountains
____18.	A rugged and mountainous area where livestock and a variety of crops are produced in the valleys and forests are harvested for lumber	H. Mediterranean Lowlands and Rhône-Shaône
____19.	Mountain streams produce hydraulic power and many tourists are attracted to the ski resorts in this region	I. Corsica
____20.	A major seaport with sandy beaches along the coast and inland rolling plains which produce grapes	J. French Alps and Jura Mountains

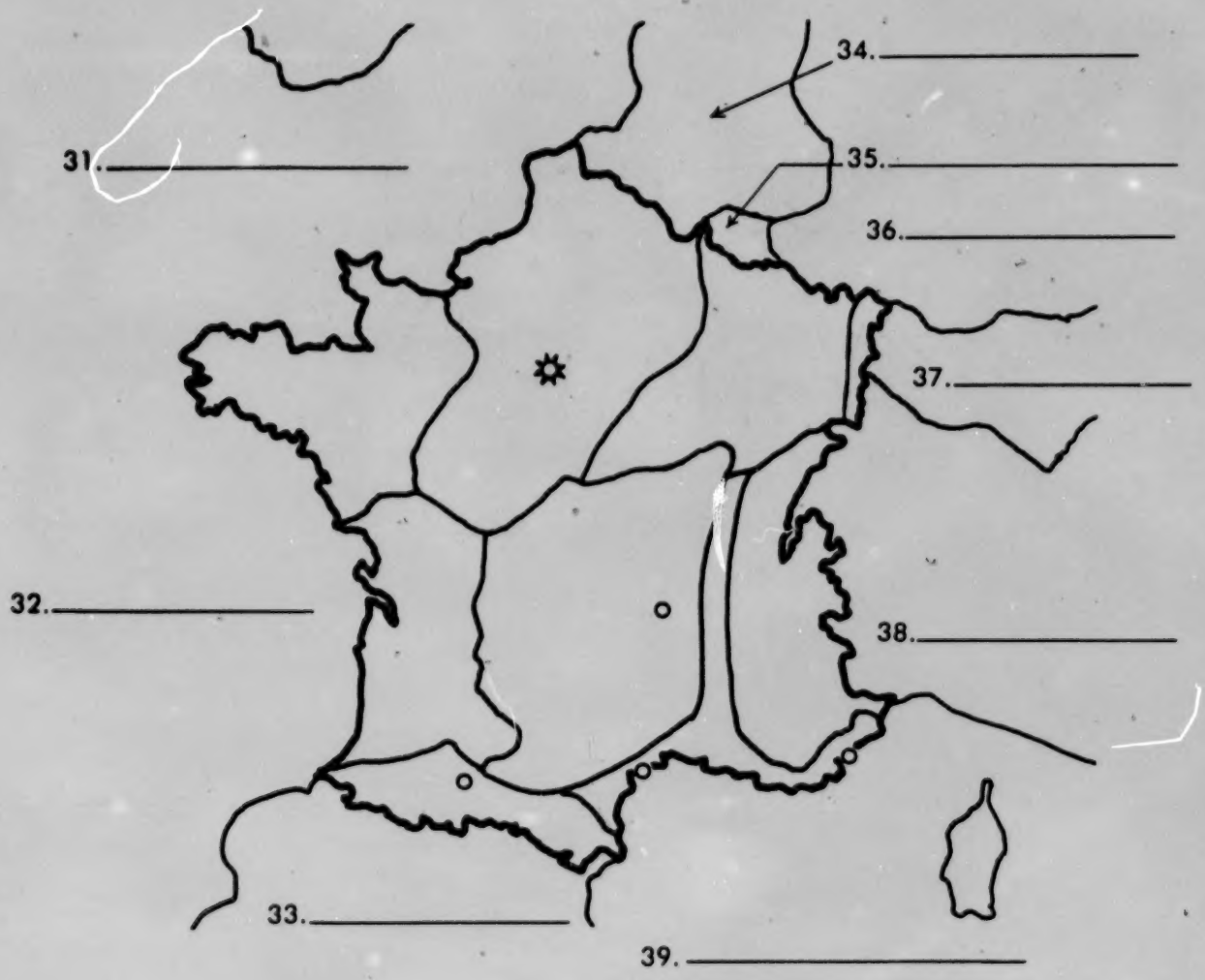
Matching: Identify the following cities by matching the name of the city on the right with the characteristic on the left. Write the letter of the appropriate name of the city in the space provided beside the numbered characteristic.

CHARACTERISTICS	CITY
____21. An industrial center in east central France	A. Paris
____22. The capitol and largest city in France	B. Marseille
____23. A cultural and industrial center in southeastern France	C. Lyon
____24. The second largest city and principal seaport on the Mediterranean	D. Toulouse
____25. A leading resort city and seaport on the French Riviera	E. Nice

Matching: Distinguish among the following holidays or festivals on the right and the appropriate celebration on the left. Write the letter of the appropriate holiday or festival in the space provided to the left of the numbers.

CELEBRATION	HOLIDAY OR FESTIVAL
____26. Children receive colored eggs and chocolate chickens	A. Shrove Tuesday
____27. A national holiday on July 14 celebrated with military parades, fireworks and dances	B. Festival for patron saint
____28. Celebrated with merry festivals called Mardi Gras on the last day of Lent	C. *Noël*
____29. Celebrations include families holding reunions and children receiving gifts	D. *Pâques*
____30. Villages usually celebrate sometime during July	E. Bastille Day

Identification: Locate and name on the map below the three surrounding bodies of water and six neighboring countries. Write the name on the line adjoining the arrow pointing to the matching location.



Short answer and completion: Complete the following statements with the appropriate term or short answer in the space below the item.

40. The type of government in France is:

41. The title of the head of government in France is:

42. The predominant religion in France is:

43-47. Briefly describe in a paragraph the educational system in France including the compulsory, secondary and vocational education components. (5 points)

48-53. Briefly describe in a paragraph the role that food plays in French family life including family celebrations, child-rearing, design of average kitchen and shopping practices. (6points)

THE COUNTRY OF FRANCE
UNIT I

ANSWERS TO UNIT TEST

MULTIPLE CHOICE

1. a
2. b
3. a
4. c
5. b
6. c
7. d
8. d
9. a
10. d

MATCHING

11. B
12. I
13. A
14. F
15. G
16. D
17. H
18. C
19. J
20. E

21. C
22. A
23. D
24. B
25. E

26. D
27. E
28. A
29. C
30. B

IDENTIFICATION

31. English Channel
32. Atlantic Ocean
33. Spain
34. Belgium
35. Luxembourg
36. West Germany
37. Switzerland
38. Italy
39. Mediterranean Sea

SHORT ANSWER AND COMPLETION

40. Republic
41. Prime Minister
42. Catholic
43-47. The discussion should include the following points as given in section VI:

a. French children between the ages of 6 and 16 must go to school.

b. About 75% of the high school students go to public schools and the other go to private Catholic schools.

c. General high schools, called *collèges* or *lycées*, prepare the students to enter universities.

d. A *baccalauréat* examination completes the general high school program and only an average of 55% pass it and are allowed to enter the universities.

e. Vocational schools offer job training lasting from 3 to 5 years.

48-53. Answer should include the following points as given in information sheet, section X.

a. French families value time spent together and good meals.

b. Many family activities and special meals are an important part of religious celebrations.

c. Pleasant family conversation is considered an important part of the leisurely mealtime, thus creating a relaxing atmosphere and allowing time to savor and relish the taste of food.

d. Young children receive a lot of attention in French families and are taught early to appreciate good food and wine.

e. The average kitchen in the French household is small, simple, attractive and well-arranged by American standards.

f. French homemakers shop for food daily in many different specialty stores such as the meat store, bread store, produce store or dairy store.

FRENCH COOKING TERMS AND EQUIPMENT
UNIT II

UNIT OBJECTIVE

After completion of this unit, the learner should be able to identify illustrations of French cooking equipment and French menu and culinary terms. This knowledge will be evidenced through completion of the assignment sheets and by scoring eighty-five percent on the unit test.

SPECIFIC OBJECTIVES

After completion of this unit, the learner should be able to:

1. Identify twenty-five menu and culinary terms.
2. Identify ten illustrations of French cooking equipment.

SUGGESTED ACTIVITIES

I. Instructor:

A. Provide learner with objectives sheet.

B. Provide learner with information and assignment sheets.

C. Discuss unit and specific objectives.

D. Discuss information and assignment sheets.

E. Direct learner through assignment sheet.

F. Give test.

II. Learner:

A. Read objectives.

B. Study information sheet.

C. Complete assignment sheet.

D. Take test.

INSTRUCTIONAL MATERIALS

I. Included in this unit:

A. Objectives

B. Information sheet

C. Transparency masters

1. TM-II-1: French Cooking Equipment
2. TM-II-2: French Cooking Equipment continued
3. TM-II-3: French Cooking Equipment continued
4. TM-II-4: French Cooking Equipment continued
5. TM-II-5: French Cooking Equipment continued

6. TM-II-6: French Cooking Equipment continued

7. TM-II-7: French Cooking Equipment continued

D. Assignment Sheet #1: French Lingo

E. Answers to assignment sheet

F. Test

G. Answers to test

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FRENCH COOKING TERMS AND EQUIPMENT
UNIT II

INFORMATION SHEET

I. French menu and culinary terms

A. *Agneau* (anyoh) is the French word for lamb.

B. *A la broche* (ah-la-broch) means cooked on a skewer.

C. *A la carte* (ah-la-kart) means from the menu or according to the menu and is used to describe a meal or menu from which the diner selects food dish by dish, each priced separately.

D. *A la mode* (ah-lah-mod) means in the style or manner of.

E. *A la vapeur* (ah-lah-vahper) means steamed.

F. *Aspic* (as-pik) means a clear, savory jelly used for glazing or any kind of cold meat, fowl or fruit molded and coated with aspic jelly.

G. *Au jus* (o-zhu) means served with its own or natural juice or gravy.

H. *Au lait* (o-leh) means with milk.

I. *Au naturel* (o-na-tu-rehl) means plain or plainly cooked.

J. *Beurre* (buhr) means butter.

1. *Beurre fondu* (buhr fohn-duh) means melted butter.

2. *Beurre noir* (buhr nwar) means butter browned until it is almost black.

K. *Bien cuit* (bian-kuee) means well done; usually meats.

L. *Blanchi* (blahn-shee) means blanched.

M. *Boeuf* (buhf) is the French word for beef.

N. *Bombe* (bohmb) is a fancy dessert made of ices, whipped cream and various fruits arranged in a mold, often in layers of contrasting colors or flavors.

O. *Bouilli* (bu-yeeh) means boiled, usually fresh boiled beef.

P. *Bourgeoise* (boor-gewaze) is a term applied to cookery or dishes of a simple and homely character.

Q. *Brouillé* (broo-yeh) means scrambled.

R. *Café au lait* (kah-feh-o-leh) means coffee with scalded milk, usually in equal proportions.

S. *Café noir* (kah-feh-nwar) means black coffee.

T. *Chaud* (sho) means hot.

U. *Chevreuil* (she-vroy') is the French word for deer or venison.

V. *Chiffonade* (shee-foh-nad) is any dish served with shredded vegetables.

W. *Coeur* (kur) means heart.

X. *Côtelletes* (kotlet') is a ground or chopped mixture fried in the shape of a cutlet.

Y. *Court bouillon* (kur-bu-yohn) is the liquid in which fish has been boiled.

Z. *Crêpes* (kreps) are thin, light, airy and delicate pancakes.

AA. *Croquette* (kro-ket) is a mixture of cooked, chopped ingredients, held together by a thick sauce, shaped, dipped in crumbs and fried.

AB. *Cru* (kruh) is a French word meaning raw.

AC. *Cuisine* (kueehseeneh) is the French word for cooking or in the style of cooking food in general.

AD. *Demitasse* (dem-i-tas) is a very small coffee cup or black coffee served in such a cup.

AE. *En brochette* (ahn-broh-shet) means broiled and served on a skewer.

AF. *En coquille* (ahn-ko-ki'ye) means in the shell, usually shell-shaped ramekins.

AG. *En gelée* (ahn-je-leh) means in jelly.

AH. *Farci* (fahr-see) means stuffed.

AI. *Flambé* (flahm-beh) is food served with light spirits poured over or served with a flaming liquor.

AJ. *Foie* (fwah) is the French word for liver.

AK. *Fournée* (furh-neh) means baked.

AL. *Frappé* (fra-peh) is an iced or frozen drink of sweetened fruit juices frozen to a mush.

AM. *Fricassée* (fri-ka-seh) is braised meats or poultry that are first browned in butter and then cooked in a liquid or sauce.

AN. *Frit* (fri) is the French word for fried.

AO. *Froid* (frwah) is the French word for cold.

AP. *Fromage* (froh-mahzh) is the French word for cheese.

AQ. *Fumé* (fuh-meh) means smoked.

AR. *Garni* (garh-nee) means garnished.

AS. *Gâteau* (ga-toh) is the French word for cake.

AT. *Glacé* (gla-seh) means iced.

AU. *Gourmet* (goor-me) is a person devoted to the discrimination of good food and wine or an expert who is an appreciative eater.

AV. *Gras* (grah) means fat.

AW. *Hatché* (ah-sheh) means finely chopped or sliced.

AX. *Jambon* (zham-bohn) is the French word for ham.

AY. *Julienne* (zhu-li-en) are very thin, long pieces or match-like strips of meat, vegetables or cheese.

AZ. *Lapin* (lah-pehn) is the French word for rabbit.

BA. *Légumes* (leh-guhms) is the French word for vegetables.

BB. *Lyonnaise* (lee-on-ez') means cooked with onions.

BC. *Meringues* (ma-rangz) are very light, sweet cakes made of egg whites and sugar.

BD. *Miettes* (mee-yet) means flakes, bits or crumbs.

BE. *Oeufs* (oeh') is the French word for eggs.

BF. *Pain* (pehn) is the French word for bread.

BG. *Pelé* (peh-leh) means to peel.

BH. *Petit fours* (pete-fors) are various kinds of small individual cakes or cookies, decoratively iced.

BI. *Purée* (puh-reh) means mashed or mixed to a creamy consistency.

BJ. *Poisson* (pwah-sohn) is the French word for fish.

BK. *Porc* (porh) is the French word for pork.

BL. *Poulet* (puh'leh) is a young spring chicken.

BM. *Revenir* (reh-veh-nir) means to fry lightly without actually cooking.

BN. *Rouleau* (ru-loh) means a roll of.

BO. *Sauté* (so-teh) means to lightly fry in a little fat.

BP. *Table d'hôte* (table-dot) means a meal of several courses at a fixed price.

II. French cooking equipment

A. *Baba mold* looks much like a seamless small juice glass and is perfectly plain with slightly flaring walls standing approximately 2 inches tall; it is used for molding this yeast bread.

B. *Brioche tin* is a pan with fluted and flared sides for baking yeast breads and it should be noted that some have center tubes.

C. *Charlotte mold* is a metal rounded covered mold with straight sides that slope slightly outward which is used to make a dessert by the same name as well as steamed puddings, souffles, bombes or aspics.

D. *Coeur à la crème mold* is a small heart-shaped mold with pierced bottom to allow the excess liquid in the sweetened cream cheese to run off when preparing this classic French dessert.

E. *Crêpe pan* is a shallow skillet or pan with a long handle used for making crêpes.

F. *French chef's or cook's knife* is a long knife with a wide base at the handle tapering to a narrow point, allowing a rocking motion which facilitates chopping.

G. *Madeleine tin or mold* is a tin with a shallow small rounded shell-shaped indentation for making madeleines.

H. *Omelet or omelette pan* is a round skillet or pan of copper or heavy steel with a long handle and rounded, slightly sloping sides, designed to let the omelet gently slide onto the plate.

I. *Oval pâté form* is a special form in which the bottom and sides of the mold are lined with pastry and then filled and it is hinged at the side for easy removal when finished.

J. *Pâté form loaf pan* is a small rectangular loaf pan with a sliding bottom or hinged sides for easy removal of the finished pâté.

K. *Quiche pan* is a round, fluted pan, similar to a tart pan, with larger sides about 1 1/2 inches high and some of them have a loose bottom for easy removal of the dish.

L. *Savarian tin or mold* is a round tubed pan having a larger central tube than most tube pans, used in baking savarians.

M. *Soufflé dish* is a deep round dish with straight, high and slightly fluted sides, usually made of glass or ceramic.

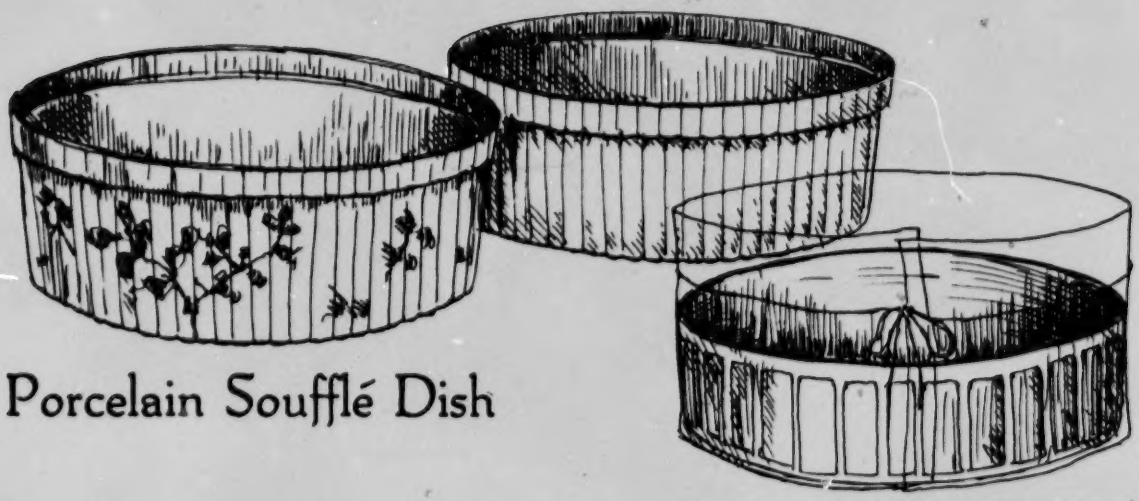
N. *Tart pan* is a round pan, frequently with a false or loose bottom for easy removal of the tart and shallow fluted edges.

O. *Tartlet pans*, similar to muffin tins, have 8 shallow circular impressions with sloping fluted sides for making a whole set of tartlets, or the tartlets may be made individually in individual tartlet pans.

P. *Whisk* is an instrument composed of a series of wire loops attached at a short handle used for mixing.

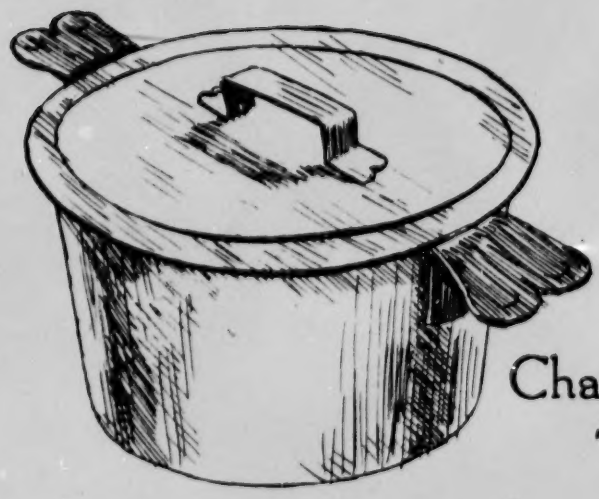
French Cooking Equipment
Soufflé Dishes and Molds

Soufflé Dish



Porcelain Soufflé Dish

Converted Soufflé Dish
with extended depth



Charlotte Mold
Tinned steel with lid

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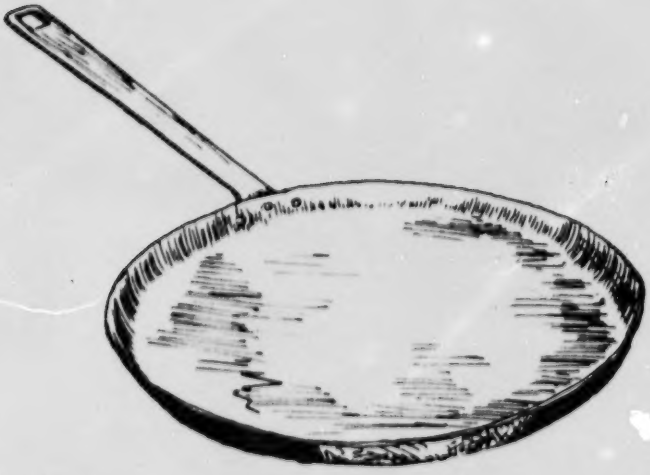
French Cooking Equipment

Cast-Iron Omelet Pan

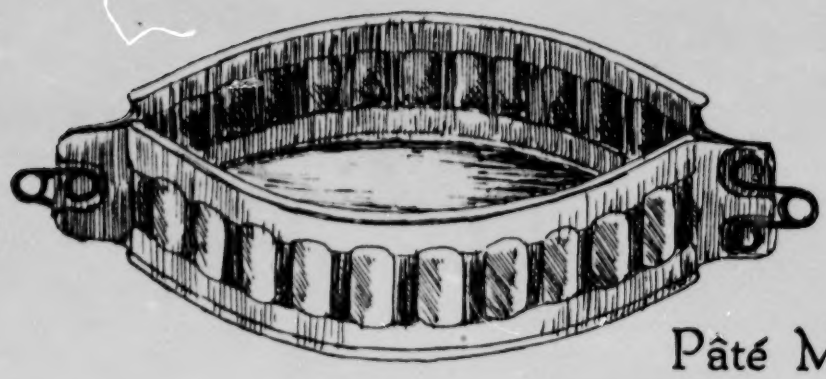
Steel Omelet Pan
Shallow sloping sides



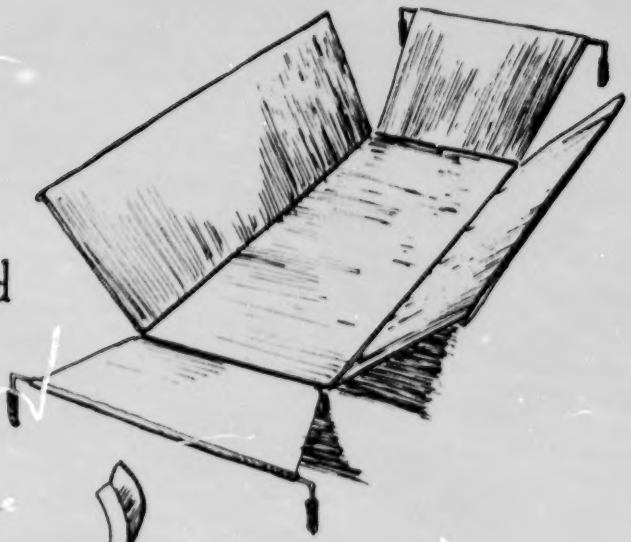
Copper Crêpe Pan
with sloping sides

Crêpe Pan
with very low,
straight sides

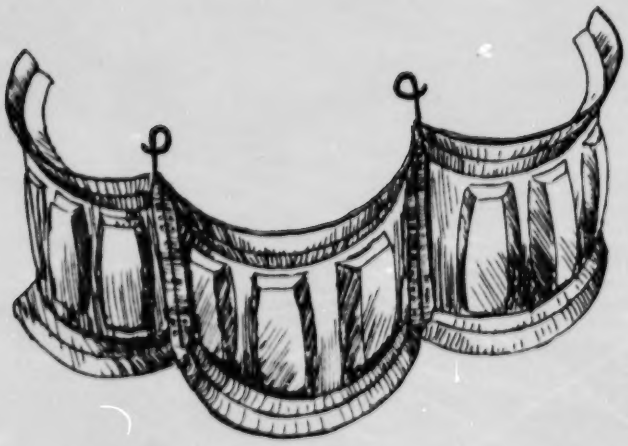
French Cooking Equipment
Molds



Pâté Mold

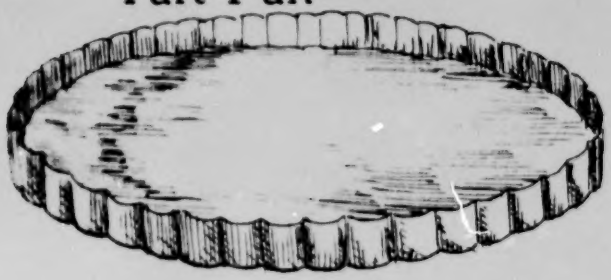


Hinged Pâté Mold



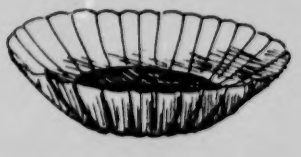
French Cooking Equipment
Tart, Tartlet, and Quiche Pans

Loose bottomed Tart Pan



Round Tartlet Pans

Tin with Tartlet forms

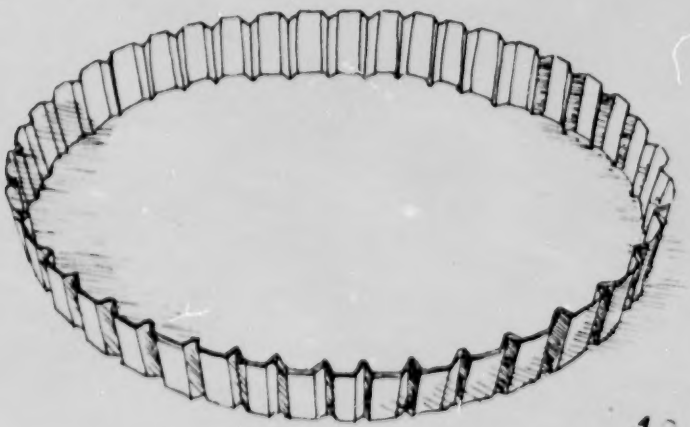


Set of Tartlet Molds

Note differences in size of Tartlet and Tart molds

Tartlet Tins

Ceramic Quiche Mold



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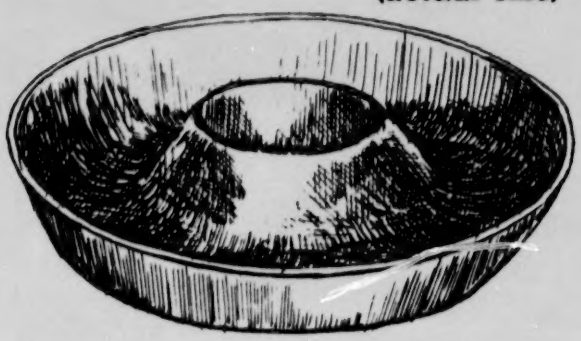
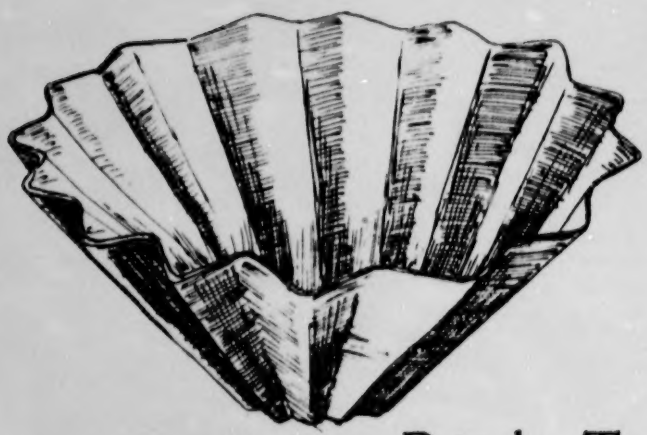
French Cooking Equipment
Molds

Baba Mold
(actual size)

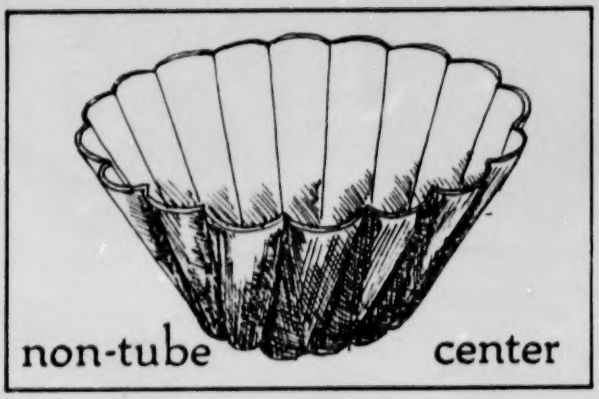
Savarian Mold
(actual size)

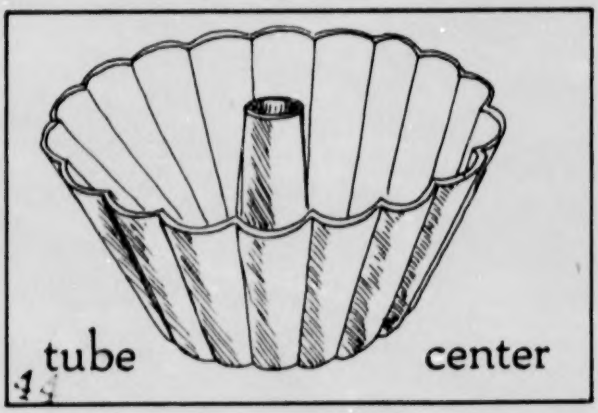




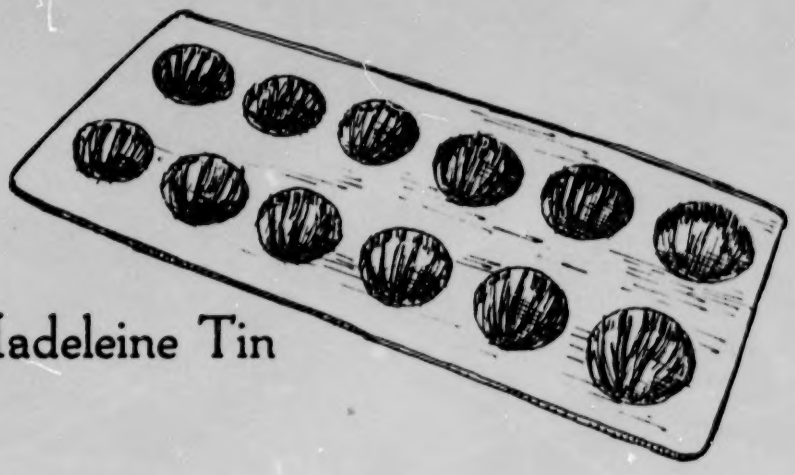
Brioche Tin
(actual size)

(enclosed tins are approximately 8'' in diameter)

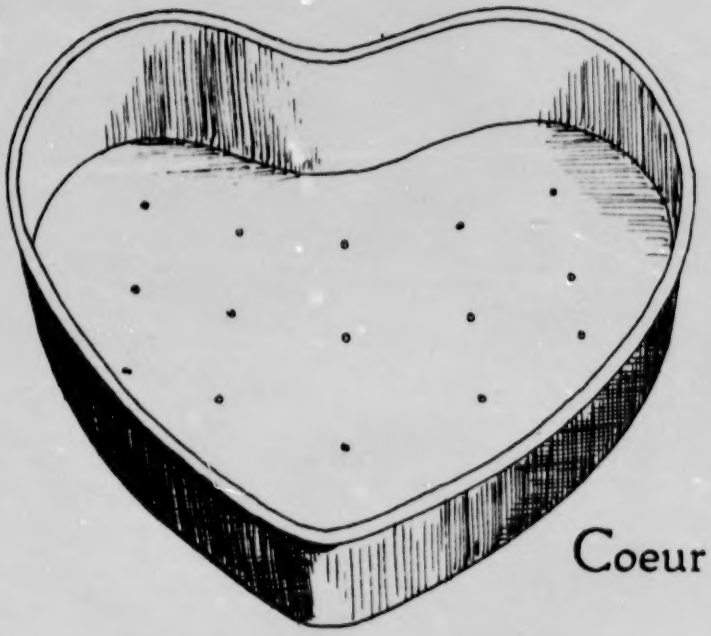




French Cooking Equipment
Molds

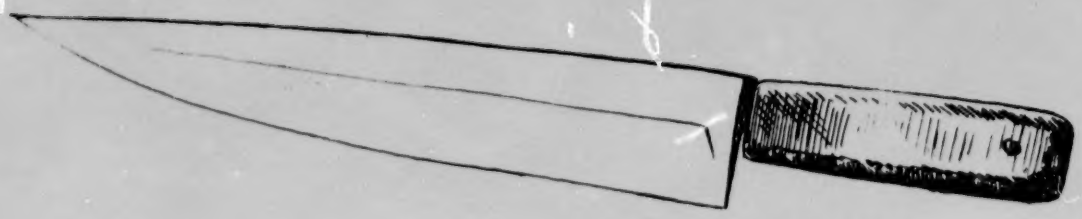


Madeleine Tin



Coeur à la Crème Mold

French Cooking Equipment



French Chef's or Cook's Knife

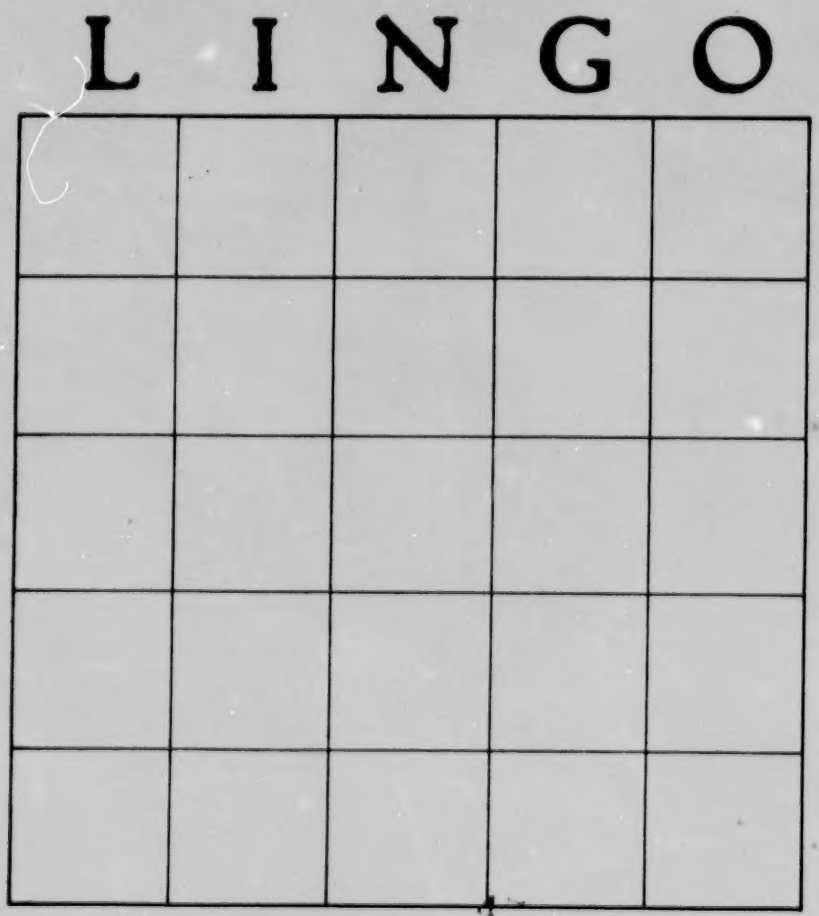
Whisks

ASSIGNMENT SHEET #1: FRENCH LINGO

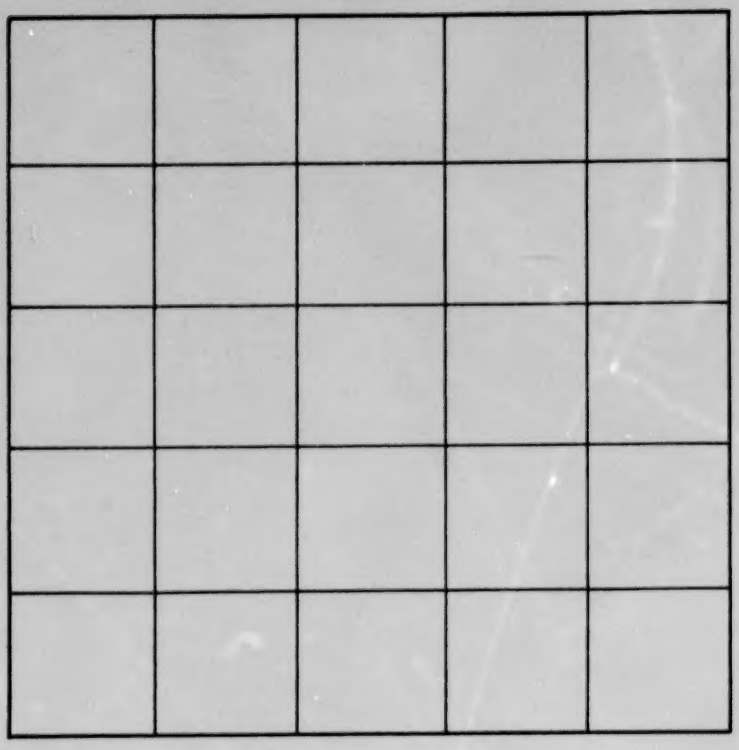
Directions: Duplicate an individual card for all students or ask them to copy one from the chalkboard. The questions or definitions are printed on individual cards that can be mixed up and placed on a master card, as they are called. The question or definition is read by the caller. Beans, corn or small pieces of paper are used to cover answers on student cards as the game is in progress. A player wins when he or she has any five vertical, horizontal or diagonal spaces covered.

NOTE: The game may be varied so that a player wins when his or her individual card is filled on all border squares, or when the four corners are covered, or when every space on the card is covered.

A copy of the individual cards is found on the following page.



L I N G O



-L-

A term that means from the menu or according to the menu frequently used to describe a meal or menu from which the diner selects food dish by dish, each priced separately.

ANSWER: A la carte

-L-

A term for braised meats or poultry that are first browned in butter and then cooked in a liquid or sauce.

ANSWER: Fricassée

-L-

A term that means a meal of several courses at a fixed price.

ANSWER: Table d'hôte

-L-

A term that means milk.

ANSWER: Au lait

-L-

A French word that means fried.

ANSWER: Frit

-I-

A term that means plain or plainly cooked.

ANSWER: Au naturel

-L-

A term that is applied to cookery or dishes of a simple and homely character.

ANSWER: Bourgeoise

-L-

The French word for cake.

ANSWER: Gâteau

-I-

A word for a fancy dessert made of ices, whipped cream and various fruits arranged in a mold often in layers of contrasting colors or flavors.

ANSWER: Bombe

-L-

A word that means heart.

ANSWER: Coeur

-L-

The French word for vegetables.

ANSWER: Légumes

-I-

A word that means scrambled.

ANSWER: Brouillé

-L-

The term for the liquid in which fish has been boiled.

ANSWER: Court bouillon

-L-

A term that means flakes, bits or crumbs.

ANSWER: Miettes

-I-

A term for coffee with scalded milk, usually in equal proportions.

ANSWER: Café au lait

-L-

A French word that means raw.

ANSWER: Cru

-L-

A term that means a roll of.

ANSWER: Rouleau

-I-

The French word for deer or venison.

ANSWER: Chevreuil

-I-

A term for a dish served with shredded vegetables.

ANSWER: Chiffonade

-I-

A term that means cooked with onions.

ANSWER: Lyonnaise

-N-

A term that means blanched.

ANSWER: Blanchi

-I-

A word for thin, light, airy and delicate pancakes.

ANSWER: Crêpes

-I-

The name for very light sweet cakes made of egg whites and sugar.

ANSWER: Meringues

-N-

A term that means black coffee.

ANSWER: Café noir

-I-

A French word that means cold.

ANSWER: Froid

-I-

A term for a young spring chicken.

ANSWER: Poulet

-N-

A word for a mixture of cooked chopped ingredients, held together by a thick sauce, shaped, dipped in crumbs and fried.

ANSWER: Croquettes

-I-

A term that means iced.

ANSWER: Glacé

-N-

The French word for lamb.

ANSWER: Agneau

-N-

A French word for cooking or in the style of cooking food in general.

ANSWER: Cuisine

-I-

A term that means finely chopped or sliced.

ANSWER: Hatché

-N-

A term that means in the style or manner of.

ANSWER: A la mode

-N-

A term that means in the shell usually for shell-shaped ramekins.

ANSWER: En coquille

-I-

A term for very thin, long pieces or matchlike strips of meat, vegetables or cheeses.

ANSWER: Julienne

-N-

The French word for butter.

ANSWER: Beurre

-N-

A French word for liver.

ANSWER: Foie

-N-

A term that means smoked.

ANSWER: Fumé

-G-

A term that means well done, usually meats.

ANSWER: Bien cuit

-G-

A word that means baked.

ANSWER: Fournée

-N-

A term for a person devoted to the discrimination of good food and wine or who is an expert and appreciative eater.

ANSWER: Gourmet

-G-

A word that means boiled, usually fresh boiled beef.

ANSWER: Bouilli

-G-

The French word for cheese.

ANSWER: Fromage

-N-

The French word for ham.

ANSWER: Jambon

-G-

A term that means hot.

ANSWER: Chaud

-G-

A term that means garnished.

ANSWER: Garni

-N-

The French word for bread.

ANSWER: Pain

-G-

A term for a very small coffee cup or black coffee served in such a cup.

ANSWER: Demitasse

-G-

A term that means fat.

ANSWER: Gras

-N-

A term that means to fry lightly without actually cooking.

ANSWER: Revenir

-G-

A term that means broiled and served on a skewer.

ANSWER: En brochette

-G-

The name for various kinds of small individual cakes or cookies, decoratively iced.

ANSWER: Petit fours

-G-

A term that means steamed.

ANSWER: A la vapeur

-G-

A term that means in jelly.

ANSWER: En gelée

-G-

The French word for fish.

ANSWER: Poisson

-G- -0- -0-

The French word for pork.

ANSWER: Porc

A word for a ground or chopped mixture fried in the shape of a cutlet.

ANSWER: Côtelletes

The French word for eggs.

ANSWER: Oeufs

-0- -0- -0-

A term that means cooked on a skewer.

ANSWER: A la broche

A word that means stuffed.

ANSWER: Farci

A term that means to peel.

ANSWER: Pelé

-0- -0- -0-

A clear, savory jelly used for glazing or any kind of cold meat, fowl or fruit molded and coated with this jelly.

ANSWER: Aspic

A word for a food served with light spirits poured over or served with flaming liquor.

ANSWER: Flambé

A term that means mashed to a creamy consistency.

ANSWER: Purée

-0- -0- -0-

A term that means served with its own or natural juice or gravy.

ANSWER: Au jus

A word for an iced or frozen drink of sweetened fruit juices frozen to a mash.

ANSWER: Frappé

A term that means to lightly fry in a little fat.

ANSWER: Sauté

-0- -0-

The French word for beef.

ANSWER: Boeuf

The French word for rabbit.

ANSWER: Lapin

L	I	N	G	O
A la carte	Au naturel	Agneau	A la vapeur	A la broche
Au lait	Bombe	A la mode	Bien cuit	Aspic
Bourgeoise	Brouillé	Beurre	Bouilli	Au jus
Coeur	Café au lait	Blanchi	Chaud	Boeuf
Court bouillon	Chevreuil	Café noir	Demitasse	Côtelletes
Cru	Chiffonade	Croquettes	En brochette	Farci
Fricassée	Crêpes	Cuisine	En gelée	Flambé
Frit	Froid	En coquille	Fournée	Frappé
Gâteau	Glacé	Foie	Fromage	Lapin
Légumes	Hatché	Fumé	Garni	Oeufs
Miettes	Julienne	Gourmet	Gras	Pelé
Rouleau	Lyonnaise	Jambon	Petit fours	Purée
Table d'hôte	Meringues	Pain	Poisson	Sauté
	Poulet	Revenir	Porc	

Name _____

Class _____

Score _____

FRENCH COOKING TERMS AND EQUIPMENT
UNIT II

TEST

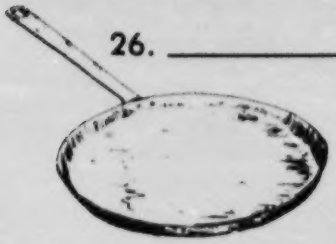
Directions: Match the following French terms in the right-hand column with their meanings or descriptions in the left-hand column. Write the letter of the most appropriate match in the spaces provided to the left of the numbers. There are more terms than food descriptions.

	FOOD		FRENCH TERM
____	1. Bread	A.	Agneau
____	2. Vegetables	B.	Au lait
____	3. Milk	C.	Beurre
____	4. Cheese	D.	Boeuf
____	5. Butter	E.	Chevreuil
____	6. Eggs	F.	Coeur
____	7. Lamb	G.	Foie
____	8. Deer or venison	H.	Fromage
____	9. Rabbit	I.	Lapin
____	10. Beef	J.	Légumes
____	11. Fish	K.	Lyonnaise
____	12. Heart	L.	Oeufs
		M.	Pain
		N.	Poisson

MEANING OR DESCRIPTION	FRENCH TERM
____13. In the style or manner of	A. A la broche
____14. From the menu	B. A la carte
____15. A meal of several courses at a fixed price	C. A la mode
____16. In the shell	D. Blanchi
____17. Long thin pieces or strips of meat, vegetables or cheese	E. Bien cuit
____18. Scrambled	F. Brouillé
____19. Roll of	G. Chaud
____20. Cooked on a skewer	H. En coquille
____21. Well done	I. Farci
____22. Blanched	J. Froid
____23. Stuffed	K. Julienne
____24. Flakes, bits or crumbs	L. Miettes
____25. Hot	M. Revenir
	N. Rouleau
	O. Table d'hôte

Directions: Identify the following pieces of French cooking equipment by writing the name of the piece in the space provided.

26. _____



31. _____

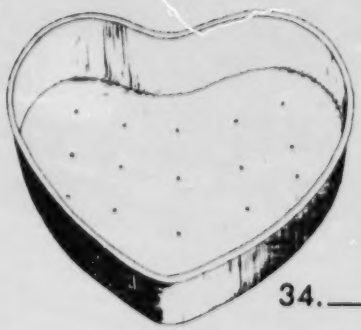
27. _____

32. _____

28. _____

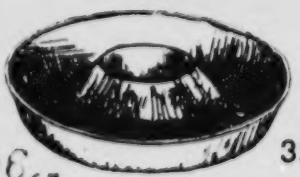
33. _____

29. _____



34. _____

30. _____



35. _____

FRENCH COOKING TERMS AND EQUIPMENT
UNIT II

ANSWERS TO UNIT TEST

1. L
2. J
3. B
4. H
5. C
6. K
7. A
8. E
9. I
10. D
11. M
12. F

13. C
14. B
15. O
16. H
17. K
18. F
19. N
20. A
21. E
22. D
23. I
24. L
25. G

26. Crêpe pan
27. Madeleine tin
28. Quiche pan
29. Brioche tin
30. Baba mold
31. Omelet pan
32. Oval pâté form (or pâté form)
33. Tartlet pans
34. Cœur à la crème mold
35. Savarian tin

FRENCH CUISINE AND FOOD HABITS
UNIT III

UNIT OBJECTIVE

After completion of this unit, the learner should be able to distinguish between basic kinds of French cuisine and to identify meal patterns and common foods served. The learner should be able to demonstrate skill in making an omelet and crepes as outlined in the job sheet. This knowledge will be evidenced through completion of assignment sheets and job sheets and by scoring at least eighty-five percent on the unit test.

SPECIFIC OBJECTIVES

After completion of this unit, the learner should be able to:

1. Distinguish between the two basic kinds of French cuisine.
2. Describe the French meal patterns, including the number of meals eaten, typical foods served at each and the order of service of the common foods.
3. Identify three factors to consider when planning hors d'oeuvres, two categories or kinds of hors d'oeuvres and an example of hors d'oeuvres used in French cuisine.
4. Identify the descriptions and uses of eight different classes of French sauces.
5. Distinguish among the descriptions of four classifications of soups used in French cuisine.
6. Identify three common kinds of fish and shellfish included in French cuisine and one common method of fish preparation.
7. Identify four methods of preparing meat commonly used in French cuisine.
8. Identify the type of salad preferred by the French.
9. Distinguish between two methods of French vegetable cookery and three vegetables commonly included in French cuisine.

10. Recognize desserts commonly served in French cuisine.

11. Describe one of the herb mixtures used in French cuisine.

12. Identify two breads commonly used in French cuisine.

13. Identify at least three uses of eggs in French cuisine.

14. Match descriptions or examples of cheeses with eight different classifications of French cheese.

15. List the ten steps in preparing a French omelet.

16. Describe a good or high quality crêpe including appearance, color, texture, moisture content, tenderness and flavor or taste.

FRENCH CUISINE AND FOOD HABITS
UNIT III

SUGGESTED ACTIVITIES

I. Instructor:

A. Provide learner with objectives sheet.

B. Provide learner with information, assignment and job sheets.

C. Discuss unit and specific objectives.

D. Provide resources, materials and equipment for job sheets.

E. Prepare learners for carrying out job sheets and assignment sheets.

F. Evaluate job sheets and assignment sheets.

G. Give unit test.

II. Learner:

A. Read objectives.

B. Study information sheet.

C. Study and complete job sheets.

D. Complete assignment sheets.

E. Take unit test.

INSTRUCTIONAL MATERIALS

I. Included in this unit:

A. Objectives

B. Information sheet

C. Assignment sheets

1. Assignment Sheet #1: French Cuisine and Food Habits Crossword Puzzle

2. Assignment Sheet #2: French Cheese Roulette

D. Job sheets

1. Job Sheet #1: Making an Omelet

2. Job Sheet #2: Making Crêpes

3. Job Sheet #3: Making a Soufflé (optional)

E. Answers to assignment sheets

F. Test

G. Answers to test

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FRENCH CUISINE AND FOOD HABITS
UNIT III

INFORMATION SHEET

I. French cuisine is composed of two distinctly different types of cooking.

A. Classic or grande French cooking is the elaborate and expensive way, using a variety of sauces.

1. Classic French cooking is performed by trained chefs in the homes of the wealthy or in world famous restaurants.

2. It includes truffles, varied sauces, high-rise souffles, puffed pastries, fancy desserts and elaborately decorated dishes.

B. Provincial French cooking is the home or family cooking of the different regions.

1. French food will vary according to the region of the country.

2. Food is considered the central theme of family and social life in France.

3. The goal of this type of cooking is to enhance the flavor of the ingredients.

II. French people generally eat three meals a day.

A. Breakfast (*petit dejeuner*) is generally a quick and simple meal of coffee and milk (*cafe au lait*), with butter roll (*brioche*) or plain crusty bread, and butter or jam (*beurre ou confiture*).

B. The midday meal (*le dejeuner*) is traditionally a substantial meal eaten leisurely.

(NOTE: The heavier meal has been changed in some urban areas because more women are working outside the home.)

1. A typical midday meal could be composed of appetizers (*hors d'oeuvres*), beef in burgundy (*boeuf borguignon*), parsleyed potatoes (*pommes persilles*), tossed green salad (*salade verte*), bread and butter (*pain au beurre*), cream puff (*choux a la creme chantilly*), black coffee (*cafe noir*).

2. The main dish is usually a hearty entree where French cooks can transform even less expensive cuts of meat into masterpieces by using sauces, herbs and wines.

3. Cooked desserts are seldom served at the noonday meal in provincial homes.

4. Good light conversation is an essential part of the meal.

C. The evening meal is simple and light.

1. A typical evening meal might include onion soup (*soupe l'oignon*), cheese omelet (*omelette au fromage*), peas parisienne (*petits pois parisienne*), bread and butter (*pain au beurre*), fruit (*fruit*) and milk (*du lais frais*).

2. Omelets are frequently served because they are light, quick to prepare and can be varied with meat, vegetables, herbs, sauces and cheeses.

D. Vegetables accompany the midday and evening main courses if the main course does not contain a substantial amount of vegetables such as stew.

E. The French consider a salad of greens the only true salad and it is served after the main course.

F. Coffee is served at the end of the meal, never during a meal.

G. Plates and silver are changed often since the French do not like to mix the different flavors, especially with a fish dish.

H. Bread is always on the table from the first course until dessert is served or until the meal is over.

I. Wines are a very important part of the midday and evening meals.

III. Hors d'oeuvres are a series of small savory dishes that form the first course and are an essential part of the French meal.

A. They are designed to refresh and amuse the eye as well as stimulate the appetite.

B. Since they are usually made of leftovers, they are varied and flexible.

C. It is customary to serve a variety of hors d'oeuvres at the beginning of a luncheon.

D. Hors d'oeuvres should be carefully planned to complement the rest of the meal and served in an elegant manner.

1. They should be light and delicate, especially when served with a rather heavy meal.

2. They should be artistic in color, pattern, texture and flavor.

3. They are served using beautiful dishes or plates.

4. Garnishes, though purely decorative, must all be edible.

E. There are two kinds or categories of hors d'oeuvres: hot and cold.

1. Cold hors d'oeuvres are usually served with luncheon.

2. Cold hors d'oeuvres can consist of one ingredient, generally diced or seasoned with dressing or sauce.

3. Hot hors d'oeuvres generally form a part of the dinner menu.

4. Hot hors d'oeuvres, unless otherwise specified by the recipe, are always served on a dish, a folded napkin or paper doily, garnished with fresh or dried parsley.

F. Common hors d'oeuvres include fresh vegetables served as a small salad, with hard-boiled eggs, anchovies, mayonnaise and canapés garnished with meat.

IV. There are many different classes or kinds of French sauces.

A. White sauce or white basic sauces are made from a thickening agent called roux (butter and flour cooked together), plus milk or white stock of poultry, veal or fish.

1. Roux is a cooked mixture of flour and butter having either a light or dark color.

a. The cooking eliminates a raw, pasty taste.

b. The thickness of the sauce is in direct relation to the proportion of flour you use per cup of liquid.

2. Sauce béchamel is made by stirring boiling milk into a roux.

3. Sauce velouté is roux moistened with chicken, veal or fish stock, often with a wine flavoring.

4. White sauces should always be made in a heavy-bottomed saucepan so that they will not scorch.

   (NOTE: Aluminum tends to discolor a white sauce, and aluminum pans should be avoided if possible.)

5. The addition of butter, cream or egg yolks enriches white sauce.

6. Basic white sauce is the foundation for other sauces such as cheese sauce (*sauce mornay*), light curry sauce (*sauce au cari*), onion sauce (*sauce soubise*), caper sauce (*sauce aux capres*), or mustard sauce (*sauce à la moutarde*).

B. Classical French brown sauce or *demi-glace* is made from a base of *espagnole*, a long-simmered, lightly-thickened sauce, to which is added and simmered additional stock and flavorings.

1. Brown sauce may also have as its thickening agent a brown roux of butter and flour or starch.

2. Common basic brown sauces include flour-based brown sauce (*sauce brune*), flour-based brown sauce with giblets (*sauce ragoût*), and starch-thickened brown sauce (*jus lié*).

3. Other sauces derived from basic brown sauce include peppery brown sauce (*sauce diable*), brown mustard sauce (*Robert sauce*), brown mushroom sauce (*sauce duxelles*) or brown curry sauce (*sauce brune au cari*).

C. Tomato sauce can be served just as it is, flavored with herbs, or combined with other sauces whenever a tomato flavoring is desired.

D. Hollandaise sauce is one of the most famous French sauces.

1. It is made of warmed egg yolks flavored with lemon juice, with butter added to make a thick, yellow, creamy sauce.

2. Two points are important to remember if the sauce is a creamy suspension of egg yolks in butter.

   a. Egg yolks must be heated, beaten and thickened slowly and gently.

   b. Butter must be added gradually in order for the egg yolks to absorb the butter and thicken.

3. Hollandaise sauce is served warm, not hot.

4. Variations of basic hollandaise sauce include hollandaise with beaten egg whites (*hollandaise avec blancs d'oeufs*), hollandaise with whipped cream (*sauce chantilly*), and orange-flavored hollandaise (*sauce maltaise*).

E. Mayonnaise is the best known cold sauce and the basis of a great number of sauces used for hors d'oeuvres and cold entrees.

1. Like hollandaise, this sauce is made by a process of forcing egg yolks to absorb a fatty substance, in this instance oil.

2. When making mayonnaise by hand, there are several points to remember.

   a. All ingredients should be at normal room temperature.

   b. Beat the egg yolks for a minute or two before adding anything to them.

   c. The oil must be added very slowly and in droplets in the beginning until the emulsion begins to thicken to about the consistency of heavy cream.

   d. A large egg will only absorb about 6 ounces or 3/4 cup of oil and when more is added the binding properties of the egg yolks break down.

3. Variations of basic mayonnaise include mayonnaise with green herbs (*mayonnaise aux fines herbs*), green herbal mayonnaise (*mayonnaise verte*), and gelatin mayonnaise (*mayonnaise collée*).

F. Oil and vinegar sauces or vinaigrettes are the basic French dressings, a mixture of good wine vinegar, oil and seasonings.

1. The usual proportion is one part vinegar to three parts oil.

2. It is served with salads at the table, asparagus, cauliflower, boiled fish, etc.

3. Variations include vinaigrette with herbs, capers and onions (*sauce ravigote*), dill sauce and sour cream dressing (*vinaigrette à la crème*) and cold mustard sauce with herbs (*sauce moutarde*).

G. Butter sauces both hot and cold are used for baking and broiling seafood, in chicken dishes and vegetables, for basting, enriching soup and shirring eggs.

1. The process of making hot butter sauces aims to keep the substances from turning oily.

2. Cold butter sauces are creamed or beaten before the flavoring is added.

3. Butter sauces include white butter sauce (*beurre blanc*), brown butter sauce (*beurre noir*), and cold flavored butters (*beurres composés*).

V. Soups can be classified as consommé, purée, cream or velouté soups.

A. Consommés are rich, clear soups made from a base of meat stock and water.

1. Clear consommés are sometimes garnished with rice, tapioca or barley.

2. Common consommés include chicken, beef, fish or game.

3. Consommés are served hot or cold.

B. Purée soups are generally made from fish, meat, game, poultry or vegetables which have been cooked in water with seasoning, herbs and butter and then puréed.

1. Purée of carrot, tomato, split pea, bean, celery and chicken are common.

2. These soups are usually served with a pat of butter and croutons.

C. Cream soups are usually made from a foundation of béchamel sauce with fish, shellfish, meat, poultry, game or vegetables added. The ingredients are then sieved, blended in an electric mixer or blender, and finished with the addition of cream.

1. Garnishes of barley, rice or croutons are added after the soup has been sieved and thickened.

2. Common cream soups include cream of asparagus, celery, mushroom, rice, shrimp and spinach.

D. Velouté soups are made from sauce velouté, with fish, shellfish, meat, game or poultry, either cooked in a sauce or added to it when cooked and puréed. These soups are then thickened with egg yolks, cream and butter.

1. Common velouté soups include chicken, mushroom, celery, shrimp and lobster velouté soup.

2. They are commonly garnished with barley, rice or croutons.

VI. French eat many kinds of fish and seafood because a supply is abundant all year round and the art of cooking and saucing seafood is an accomplished skill for French cooks.

A. French eat many types of fish and shellfish.

1. Escargot or snails are popular.

2. Frog legs, smaller than the variety found in the United States, are tender and delicate tidbits.

3. Gudgeon and minnows, small freshwater fish, are prepared in a variety of ways.

4. Lobster, crabs and crayfish are popular seafood.

5. Oysters are usually eaten raw.

6. Clams, scallops and mussels are usually cooked in a variety of ways.

7. Some commonly eaten fish, including both fresh and saltwater varieties, are sturgeon, halibut, cod, carp, pike, trout and sole.

8. Sea urchins and starfish are also common seafood delicacies.

9. Mussels cling to the rocks and piers along the seacoast and can be gathered at low tide.

B. An important and typically French method of preparing fish is poaching fillets of fish in white wine and serving them in wine sauce.

C. Shellfish are also used with fish fillets as a garnish before saucing or in combination with fillets for various dishes.

D. A famous lobster dish is *Lobster thermidor*.

VII. The French eat many kinds of meats prepared in a variety of ways.

A. Poultry is popular in France and some of the most glorious dishes of the French cuisine have been created from chicken.

1. The French prefer to purchase their poultry whole and fresh believing that dressed poultry loses flavor and juices.

2. Roast chicken is frequently trussed with a needle and string so that the legs, wings and neck skin are held in place during its cooking, making the bird look neat and attractive on the table.

   (NOTE: Small French chickens are roasted without stuffing and the cavity seasoned with salt and butter.)

3. In sautéed chicken, the cut-up chicken is cooked entirely in butter or butter and oil with seasonings and no other liquid is added till the end.

   (NOTE: This is a quick and delicious way of preparing chicken.)

4. The fricasséed chicken is like sautéed only the liquid is added shortly after sautéeing.

5. Stewed chicken is cooked in a larger amount of liquid from the beginning.

6. The French also like to prepare chicken by broiling.

7. French ducks are of a variety of breeds, rarely weighing over 3 pounds and are commonly roasted.

   (NOTE: French prefer ducks roasted to a medium rare with juices running slightly rosy when meat is pricked.)

8. Goose is commonly roasted and braised and the young goose under 6 months is preferred.

9. Wild birds, squabs and pigeons are slowly simmered or made into pâté.

B. Beef is not as popular in France as in the United States.

1. French and American methods of cutting beef are very different.

   a. In France the meat is cut along the muscle, whereas in the United States it is usually cut across the grain.

   b. The French also have different names for the various cuts of beef.

2. When it is served it is likely to be browned and then braised or stewed in its own juices, imparting its flavor to the vegetables cooked with it.

3. Steaks and fillets are usually prepared with various sauces such as mushroom, red wine, tomato, or brown sauces.

4. Ground beef is eaten with onions and herbs or with a variety of sauces.

5. Boiled beef, braised beef and stews are also popular.

C. Veal is prepared with a variety of sauces and flavorings.

1. Casserole-roasted veal is a preferred method of roasting veal since it has little fat and the vegetables make it juicier.

2. Veal stew is frequently made with tomatoes and mushrooms or onions and mushrooms.

3. Veal scallops are boneless slices of veal about 3/8 inches thick flattened to about 1/4 inch thick resulting in neat, flat serving pieces which are quick to cook and are served with mushrooms and sauces.

4. Veal chops, cutlets and steaks are frequently braised and seasoned.

D. Lamb is popular and usually served in the springtime.

1. Hothouse lamb is lamb between 2 and 3 months old, raised on milk, and it is prepared by roasting whole or with stuffing.

2. Genuine spring lamb is milk fed and about 3 to 4 months old with a delicate, pale red flesh which is usually prepared by roasting, boiling or grilling.

3. Lamb from 5 to 9 months old is prepared by roasting, braising, boiling or fricasséeing.

4. Mutton comes from an animal of between one to two years old and is usually prepared in stews.

(NOTE: Aging is a particular necessity for mutton.)

5. Popular dishes from lamb or mutton include braised leg or shoulder of lamb with beans, stuffed leg or shoulder of lamb, roast leg of lamb, boiled leg of lamb with onion, caper or tomato sauce and lamb stew.

E. Organ meats, sweetbreads and brains are special delicacies for the French.

1. Sautéed calf's liver is popular, and is frequently served with a mustard sauce or with mustard and onions.

2. Sweetbreads are braised or sautéed and served creamed with mushrooms, or with brown mushroom sauce.

3. Brains are often served with a brown butter sauce.

4. Kidneys are cooked and served with a variety of sauces.

F. Fresh pork, including both large and thin pieces, is marinated for an interesting flavor and for tenderizing.

1. Roast pork is frequently prepared with vegetables such as potatoes and onions, turnips, cabbage and sauerkraut.

2. Ham is prepared in a variety of ways including sautéeing, baking and stuffing.

G. *Cassoulet* (casserole) is a rich combination of baked beans and meat particularly popular in southwestern France.

VIII. Salads follow almost any entrée or main dish of a meal.

A. The French are famous for their salads, particularly green salads.

B. Besides the most popular combination green salads, the French like potato salads and meat salads.

IX. A wide variety of carefully prepared vegetables is an important part of French cuisine.

A. French cooks use various techniques of vegetable cookery to preserve the flavor, color and texture of vegetables.

1. Blanching is the great secret of French vegetable cookery.

a. Fresh vegetables are dropped into a very large kettle of rapidly boiling salted water.

b. Success is dependent upon having a large proportion of water to vegetables, about 2 to 3 pounds of vegetables in 7 to 9 quarts of water.

2. Refreshing is another important technique, especially if vegetables are not to be served immediately.

   a. After blanching, vegetables are plunged for several minutes into large quantities of cold water.

   b. This process stops the cooking, sets the color and preserves the texture.

3. A cardinal principle of French vegetable cookery is: DO NOT OVERCOOK!

4. Another important principle of vegetable cookery is: Do not attempt to keep green vegetables warm for more than a very few minutes.

B. Artichokes are frequently served boiled, filled with hollandaise sauce, or buttered.

C. Asparagus is often served cooked with a sauce.

   (NOTE: The French method of cooking asparagus is to peel it, tie it in bundles, plunge it into a very large kettle of boiling salted water, boil it until it is just tender, and drain it immediately. It is frequently served with a sauce.)

D. Broccoli is rare in France.

E. Brussel sprouts are served with butter, chestnuts, or cheese sauce, creamed, or puréed and molded.

F. Carrots may be braised in butter, glazed, or creamed.

G. Cauiflower is frequently served with cream sauce, cheese or puréed and molded.

H. Celery is usually braised and served hot or cold.

I. Green beans are served with butter, creamed or with a cheese sauce.

J. Onions are served glazed, creamed, brown-braised, or with parsley.

K. Peas are served buttered, sometimes with onions.

L. Spinach is blanched and chopped in preparation for cooking and it may be served puréed, buttered, creamed or with cheese.

M. Turnips are served with parsley or glazed.

X. French desserts vary from the elaborate ices, mousses and pastries served at formal dinners, to simple fruits, puddings and pastries served at everyday meals.

A. Sweet sauces and fillings are fundamental to French desserts.

B. Custard sauces range from light to thick.

C. Fruit sauces can be made from purées of fresh or frozen fruits or from fruit jams and jellies.

D. Custards, mousses and molds are also popular desserts.

E. Sweet soufflés, lighter and airier than entrée soufflés, generally include a flavored sauce base incorporated into stiffly beaten egg whites.

F. Fruit desserts include apples braised in butter, glazed oranges, applesauce-caramel mold and compotes of fresh fruits.

G. French dessert tarts are open-faced and stand supported only by their pastry shells.

H. Thin and delicate crêpes with a variety of fillings and sauces are popular desserts.

I. Babas and savarians are also popular desserts.

J. Cakes are usually small rounds or squares or filled cakes if larger.

K. Éclairs are a light, tubular pastry with a cream or custard filling and iced, usually with chocolate.

(NOTE: They may also have a savory filling and then are served as hors d'oeuvres.)

L. Butter creams, consisting of egg yolks, sugar, butter and flavoring beaten together into a creamy mass, are popular in France.

XI. Herbs and garnishes are used to accent and complement food, never dominating over the essential flavors of the main ingredients.

A. *Fines herbes* is the French term for a mixture of fresh parsley, chives, tarragon and chervil.

B. Herb bouquet is a combination of parsley, thyme and bay leaf, wrapped and tied in cheesecloth, used for flavoring soups, stews, sauces and braised meat and vegetables.

C. The most frequently used herbs include parsley, thyme, bay, tarragon, chives, chervil, basil, fennel, oregano, sage, saffron, rosemary, savory and marjoram.

D. The French truffle is the best and therefore the most expensive of a variety of fleshy subterranean (grown beneath the surface of the ground) fungi, thus it is generally used only sparingly as a garnish.

1. The flesh of a young truffle is white, then turns grey, and when fully ripe it becomes violet-black with white veins.

2. It has little flavor but a wonderful aroma which permeates any food it comes in contact with.

XII. Bread is an important part of the French diet and it is served at each meal.

A. The average French household does little baking of yeast breads except for occasional babas, savarians or brioche.

B. Bread is usually purchased fresh daily from the neighborhood bakery.

C. Day old or leftover bread is toasted or made into stuffings, puddings or simple desserts.

D. French bread is made in many sizes and shapes.

1. Plain French bread is a long crackly loaf with large patterned holes in the center like Swiss cheese, that has body, is chewable and has the taste and smell of grain.

2. Plain French bread contains only flour, water, salt and yeast by law in France.

3. Long thin loaves range in size from about two feet long and one and one-half inches wide, to smaller loaves about a foot long and one and one-half inches wide.

4. Round and oval rolls are common with round loaves usually about seven to eight inches in diameter.

5. *Croissants* are buttery rolls shaped like crescents.

6. *Brioche* is a lightly textured yellow and crumbly yeast and egg bread made in a variety of shapes from a ball with a small head to a small column.

XIII. Eggs are not only served for breakfast but are used as garnishes and for entrées, for luncheon or as a supper dish.

A. Poached eggs are served on canapés or with mushrooms and sauce or in aspic as a cold buffet dish.

B. Shirred eggs are served with various sauces, with cream, or with onions, tomatoes and peppers, in addition to being baked in ramekins.

C. Scrambled eggs may be served with herbs, cheese or truffles.

D. *Omelettes* or omelets are basic to French cookery and are used as a main dish (entrée) or dessert with meat, vegetables, herbs, sauces and cheeses used to vary the basic omelet.

E. Soufflés are made of a sauce containing a flavoring or purée into which stiffly beaten egg whites are incorporated, then molded and baked to a golden brown in the oven.

F. Quiche is an open-faced custard tart often containing cheese.

1. The most famous is *quiche Lorraine*, a mixture of cream, eggs and bacon, without cheese.

2. Quiche is also varied with Swiss cheese, camembert cheese, seafood, onions, mushrooms or spinach.

XIV. France has the world's greatest variety of cheeses, producing over 400 different types.

(NOTE: Only about 100 types of French cheeses are available in the United States; all cheeses imported must conform to regulations of the United States Department of Agriculture and the Food and Drug Administration.)

A. In France, cheeses are always served before the sweet dessert and following the main course or salad.

(NOTE: It is a French custom to offer the whole cheese first to the master of the house. The master then examines it and drives the knife into it before it is handed round to the guests.)

B. Cheeses, with the exception of cream cheese, taste best served at room temperature.

C. Soft ripened cheeses or soft paste cheeses have a white and velvety smooth crust and a center that is soft to the touch.

(NOTE: Most can be identified by the words "soft ripened" on the label.)

1. *Brie* (bree), a favorite of the French, has a tangy flavor, soft creamy texture, and pale yellow color when fully ripened.

   (NOTE: The crust is edible and it is not necessary to peel it before serving.)

2. *Camembert* (kah-mehm-behr) is a popular variety with a robust flavor and a soft and spreadable texture.

3. *Coulommiers* (kooh-loh-m'eh) is similar in flavor and texture to Brie but made in small wheels.

D. Double and Triple *Crèmes* (krehms) have a delicate, mild sweet flavor, a soft creamy texture that varies from a heavy sour cream to a semi-firm, moist cream and sometimes herbs and spices are added.

   (NOTE: Double crèmes contain a minimum of 60% butterfat per gram and triple crèmes contain a minimum of 75% butterfat per gram.)

1. *Boursin* (buhr-sahn) and *Belletoile* (bel-twahl) are rich, fresh cheeses with a tart aftertaste and are frequently eaten with a fork or spoon and some powdered sugar sprinkled over them to sweeten their flavor.

2. *Neufchatel* (neh-shah-tehl) is similar to a creamy cottage cheese shaped in small cylinders.

3. *Petit Suisse* (p'tee-sweess) is a delicate and creamy smooth cheese frequently served sprinkled with sugar.

E. Semisoft cheeses have a smooth, buttery texture, a mild flavor, good melting qualities, and an inedible crust that must be removed before serving.

1. *St. Paulin* (sehn-pawh-lehn) has a smooth velvety texture, a mild nutlike flavor and a dark orange-red rind or crust.

2. *Port Salut* (pohr-sah-luh) was originally made by Trappist monks over a century and a half ago and is similar to St. Paulin.

   (NOTE: It is still packaged under Abbey label to guarantee the authenticity of production methods.)

3. *Muenster* (mehn-stair) is a semisoft, light-yellow, mild cheese.

F. Semihard cheeses are firm-textured with an ivory yellow color, a nut-like flavor which varies from delicate to robust depending upon age, and many have "eyes" of varying sizes which help to identify the type.

1. French *Gruyère*, also known as French *Emmental* (em-en-tahl) has many "eyes" and a tangy nut-like flavor.

2. *Comté* (kom-tay) is similar to Gruyère except that it has smaller and fewer eyes approximately the size of cherries, and more taste.

3. *Beaumont* (boh-mon) has a distinct nutty flavor, a reddish inedible crust and many tiny "eyes" close together.

G. Hard cheeses are very firm with no resiliency and a fairly sharp flavor.

1. *Cancoillote* (kahn-kwa-lot) is a blend of very strong hard cheeses which is usually melted before use in recipes, sauces or fondues.

2. *Cantal* (kahn-tahl), one of France's oldest and most famous cheeses, has a piquant flavor, an edible hard dark crust, and a low fat and high protein content.

H. Blue (French *bleu*) cheeses have a greenish-blue vein marbling produced by penicillin mold, a semisoft and sometimes crumbly texture, and a tangy flavor.

1. *Roquefort* (rohk-fohr), the oldest and most notable of the blue cheeses, is made from ewes' milk and cured in the caves which surround the area of the same name.

(NOTE: Authentic Roquefort can be identified by the red sheep emblem on the label.)

2. *Bleu de Bresse* (blue-duh-bress) is made from cow's milk and has a sharp, tangy flavor which becomes sharper as it ages.

I. Goat cheeses, made from goat's milk and called *chèvres* (shev), vary in flavor from mild and sweet to strong and pungent, vary in texture from a soft white close curd to very hard, and usually they have a thin blue-white or grey edible crust.

1. *Saint-Maure* (sehnt-mohr), sometimes called tonnelets, is log-shaped with a thin edible crust.

2. *Saint-Marcellin* (sehn-mahr-suh-lehn) has a delicate flavor and is made in round patties wrapped in grape leaves.

3. *Valençay* (vah-lehn-seh) is a pyramid-shaped goat cheese sometimes cured in ashes.

J. Process cheeses are a blend of various cheeses melted together with a Gruyère base to which butter, milk or cream may be added.

1. *Fondu au Raisin* (fohn-duh-oh-ray-zohn) sometimes called *Tomme au Marc* (tohm-oh-mahr) or grape cheese has a creme de Gruyère base coated with the remains of grapes pressed for wine.

2. *La Vache Qui Rit* (lah-vahsh-kih-reh) means "the laughing cow" and is a delicately mild, soft and spreadable cheese that comes in 1/2 inch cubes wrapped in foil and packaged 24 to the box.

3. *Gourmandise* (goohr-mahn-deez) or cherry cheese is a soft creamy cheese with a cherry flavoring.

FRENCH CUISINE AND FOOD HABITS
UNIT III

ASSIGNMENT SHEET #1: FRENCH CUISINE CROSSWORD PUZZLE

Directions: The following puzzle is designed to assist you in becoming familiar with French cuisine, meal patterns and food habits. Write the word(s) in the corresponding numbered blanks which best completes the sentence or thought.

ACROSS

1. A white sauce made from stirring milk into a cooked mixture of flour and butter

4. In France, beef is cut ___ the muscle.

6. In French meal service, this food is always on the table from the first course until dessert.

9. The goal of this type of home or family-style cooking is to enhance the flavor of the ingredients.

10. A variety of soups made from a béchamel sauce with fish, meat, poultry, game or vegetables added, sieved and blended, then finished with the addition of cream

15. Category of hors d'oeuvre which generally forms a part of the dinner menu

17. In French meal patterns, this is usually the simple and light meal.

18. This food category is not only served for breakfast but also used to garnish entrées and is the basis for many luncheon and supper dishes.

20. A vegetable rarely served in France

21. A meat usually served in the springtime

23. An important technique of French vegetable cookery in which vegetables are dropped into a large quantity of boiling salted water and then plunged into a large quantity of cold water in order to stop cooking processes and to preserve the color and texture

24. Soups generally made from fish, meat, game, poultry or vegetables, cooked in water with seasonings and then mashed or mixed to a creamy consistency

DOWN

2. A rich, clear soup made from a base of meat stock and water

3. A cold sauce made by forcing egg yolks to absorb oil

5. A sauce made of egg yolks, lemon juice and butter which is served warm, not hot

7. Edible snails

8. A rich mixture of baked beans and meat which is popular in southwestern France

9. An important and typically French method of preparing fish

11. The great secret of French vegetable cookery is this method of dropping fresh vegetables into a large kettle of rapidly boiling salted water.

12. A mixture of fresh parsley, chives, tarragon and chervil

13. Many glorious French dishes have been created for this kind of meat, which the French prefer to purchase fresh and whole.

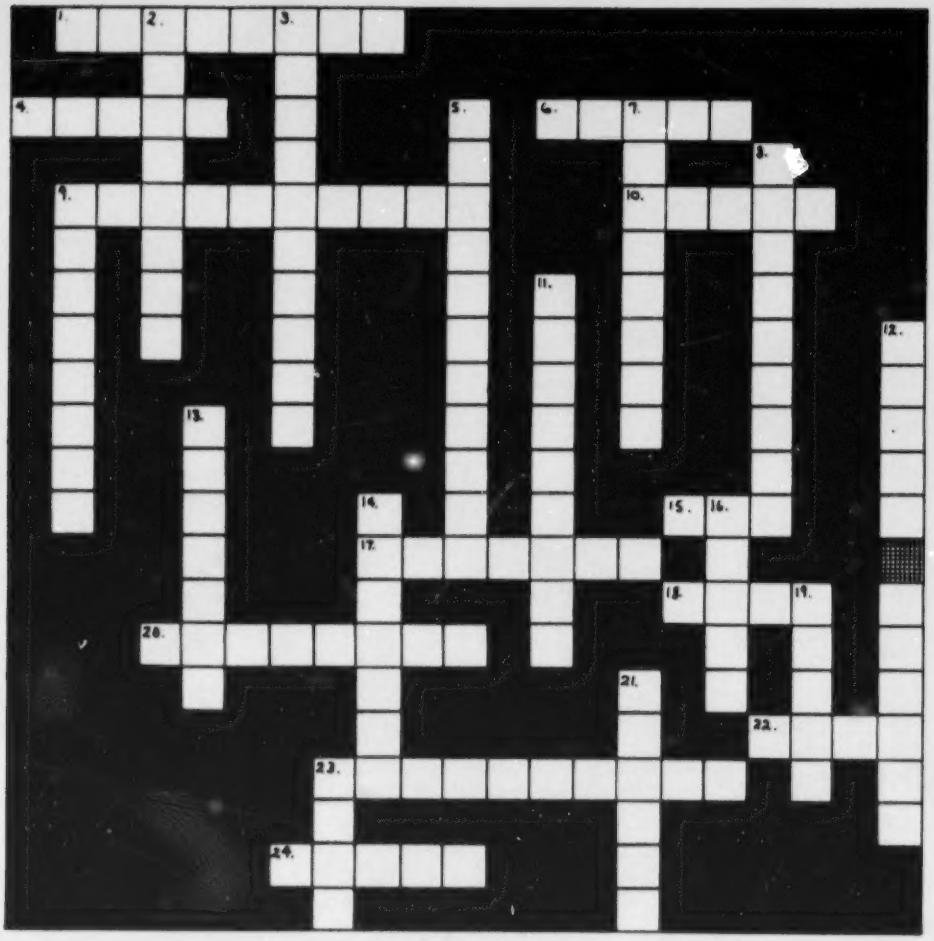
14. A white sauce made of flour and butter cooked slowly together and then moistened with chicken, veal or fish stock and often flavored with wine

16. These varieties of meats are special delicacies for the French.

19. A dish preferably of greens, served after the main dish or entrée

21. A open-faced custard-like tart often containing cheese

23. A basic white sauce of flour and butter cooked slowly together for several minutes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FRENCH CUISINE AND FOOD HABITS
UNIT III

ASSIGNMENT SHEET #2: FRENCH CHEESES ROULETTE

NUMBER OF PLAYERS: 3 to 6 players, 1 banker

GAME MATERIALS: Plastic turntable (Lazy Susan) for "roulette wheel." Cut a circle to fit turntable from construction paper. Draw lines to divide chart into sections. Write names of cheeses on chart. Use clear adhesive plastic on surface to make more durable and use double-faced tape to adhere to wheel. Cut arrows from construction paper, and laminate with plastic. Make 50 to 100 chips in two sizes (3" and 5"), by cutting 1/2" wide strips from index cards.

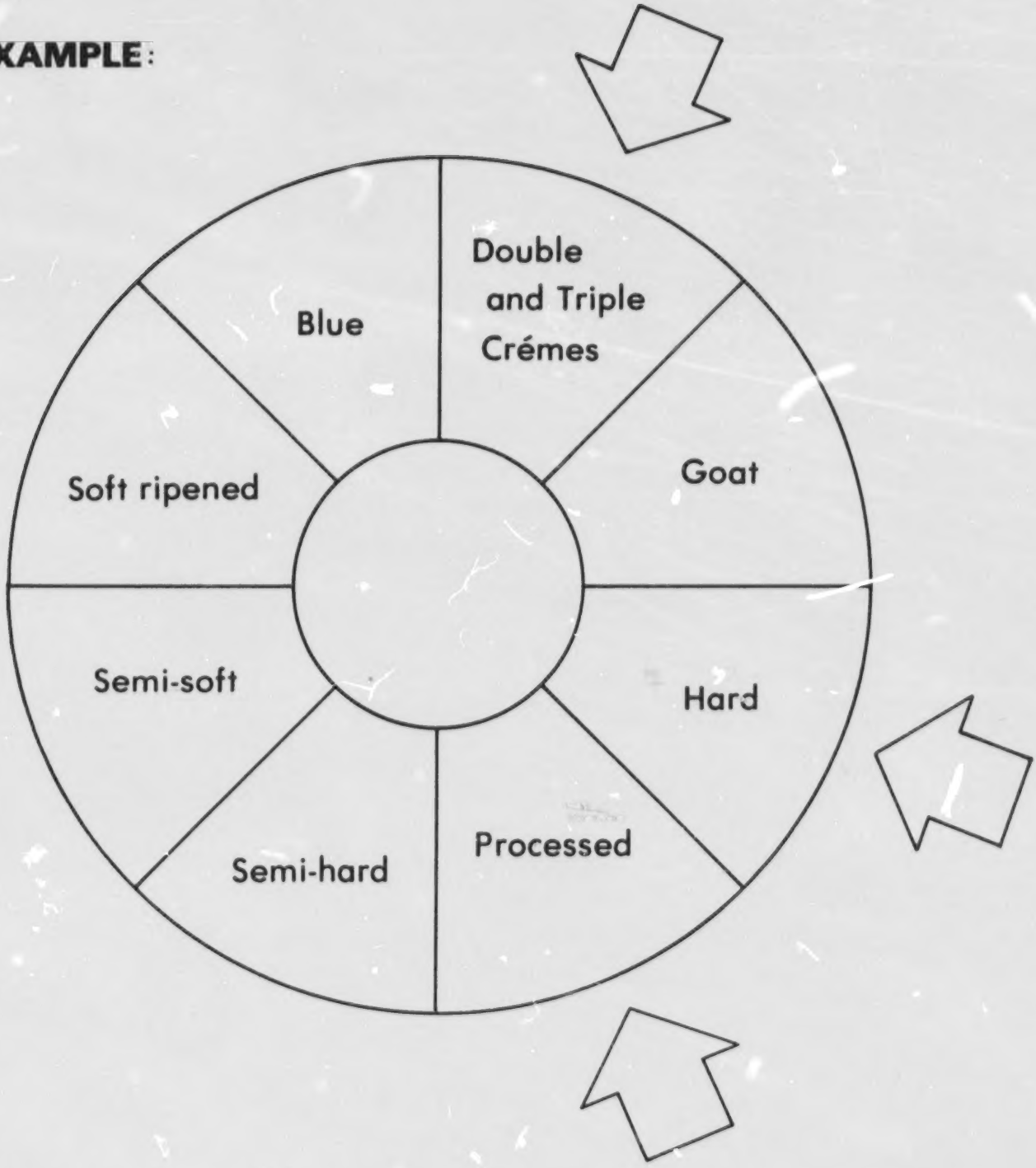
HOW TO PLAY: Place "roulette wheel" in center of table. Tape an arrow to the table for each player at various points around the wheel. The banker spins the wheel (lightly). When the wheel stops, first player on the banker's left answers two questions about the cheeses.

NOTE: See Information Sheet XIV to check answers.

QUESTIONS:
1. Identify a specific cheese of this category or type.
2. Describe the cheeses in the category, including the appearance, consistency, flavor, etc.

The banker gives player a short (3") chip for correctly answering question 1, a long (5") chip for correctly answering question 2. Short chips count 5 points, long chips 10 points. Banker then spins wheel for the next player and the game continues in the same manner. The player with the most chips or points wins.

EXAMPLE:


Blue
Double and Triple Crémes
Soft ripened
Goat
Semi-soft
Hard
Semi-hard
Processed

JOB SHEET #1: MAKING AN OMELET

I. Equipment and materials needed:

A 7- or 8-inch omelet pan (skillet may be substituted but an omelet pan is preferable.)

Warm plate

Mixing bowl

Fork

2 or 3 eggs

1 tablespoon butter

1/2 teaspoon softened butter

Pinch of salt

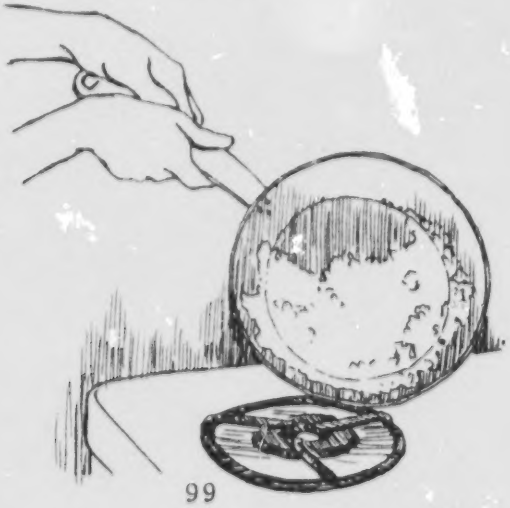
Dash of pepper

II. Procedure:

1. Break the eggs into a small mixing bowl and stir briskly with a fork for 20 to 30 seconds just until whites and yolks are blended.

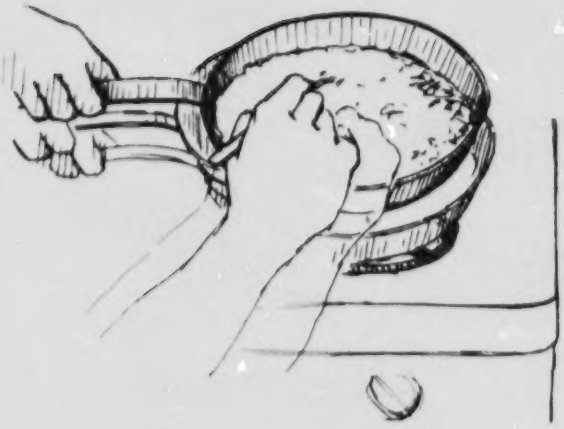
2. Heat the ungreased omelet pan until it is very hot.

3. Place the tablespoon of butter in the pan and tilt the pan to coat the bottom and sides.



4. When the foam from the butter has almost subsided but before it browns, quickly pour in the eggs.

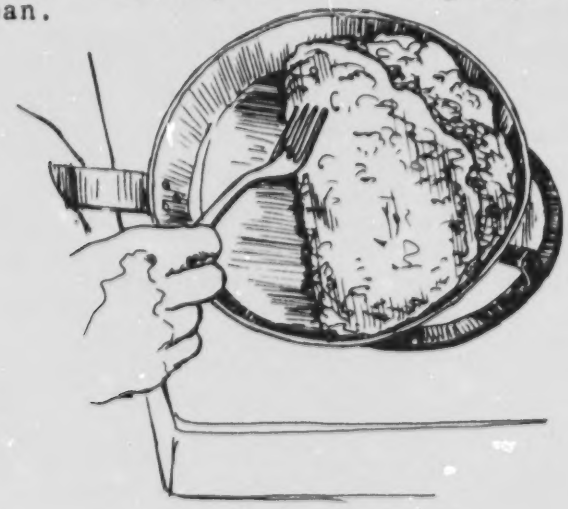
5. Slide the skillet back and forth rapidly over the heat with one hand and at the same time with the other hand stir quickly with a fork to spread the eggs continuously over the bottom of the skillet as they thicken.



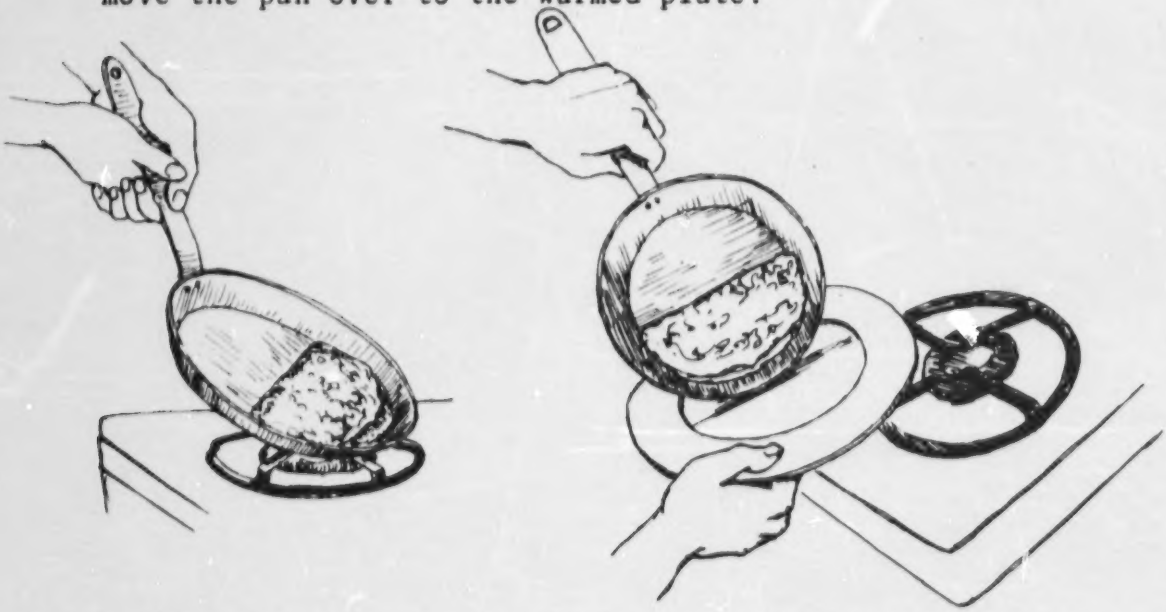
6. Within about 3 to 4 seconds the eggs will thicken to form a light broken custard with a lightly browned bottom.

   (NOTE: If recipe is varied with a filling it should be added at this point.)

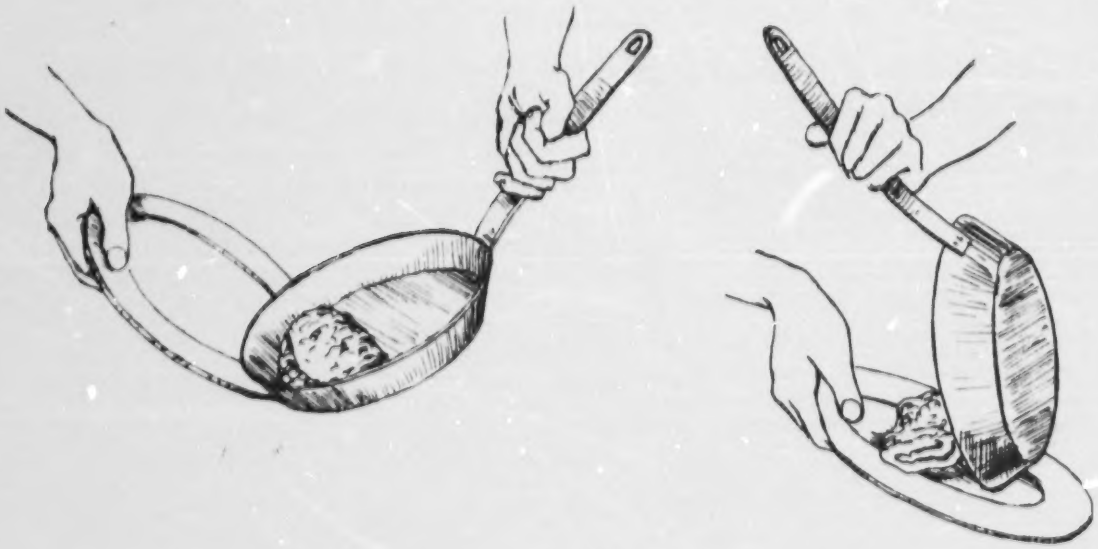
7. Lift the edge closest to you with a fork to gather the omelet, tilt the pan at about a 45 degree angle, and roll the omelet up and over lightly to the far side of the pan.



8. Let it rest momentarily at the tip of the pan and then move the pan over to the warmed plate.



9. Gently tilt the pan even further and roll the finished omelet onto the plate.



10. Season with salt and pepper and brush with softened butter to make the omelet shine.

11. Serve the omelet.

12. Clean the work area and equipment and replace all equipment and materials as directed by the instructor.

13. Compare your product on the following scale.

RATING SCALE FOR FRENCH OMELET

To judge the overall quality of the finished product, use the following points for evaluation. Listed below are descriptions of a poor or low quality product on the left of the scale. On the right side of the scale are descriptions of a good or high quality product. Circle the rating on each of the following points, with the lowest being equal to 1 and the highest equal to 5. Add the points circled for the total score.

	LOW			HIGH
Appearance	Thin, flat, broken, unevenly folded		Smooth, gently swelling, unbroken, folded evenly	
	1	2	3	4 5
Color	Pale, dark brown or burnt		Golden or light brown	
	1	2	3	4 5
Texture	Whites unevenly distributed		Well-blended mixture and ingredients	
	1	2	3	4 5
Moisture Content	Partially raw or dry		Slightly moist and creamy but coagulated throughout	
	1	2	3	4 5
Tenderness	Tough or crusty		Tender	
	1	2	3	4 5
Flavor and Taste	Raw or burned, flat or salty		Delicate flavor developed, well-seasoned	
	1	2	3	4 5

TOTAL SCORE _____

COMMENTS:

JOB SHEET #2: MAKING CRÊPES

I. Materials and equipment needed:

Crêpe pan (A skillet or omelet pan can be substituted if necessary.)

Mixing bowl

Wire whisk, electric mixer or rotary beater

Rubber scraper or spatula

Ladle or measure to hold approximately 3 to 5 tablespoons or 1/4 cup liquid.

Spatula or knife

Paper toweling or clean dish towel

Plate

Recipe for crêpes or choose one of the following:

1. Crêpes

Ingredients for approximately 16 crêpes:

3 eggs
1 and 1/3 cup milk
3 tablespoons melted butter or margarine
1 cup sifted flour
1/2 teaspoon salt

Fillings:

Spread warm crêpes with a thin layer of applesauce, sweetened strawberries, jelly or jam. Roll and sprinkle with confectioners sugar.

OR

2. Crêpe batter for approximately 12 crêpes about 6 inches in diameter:

   1 cup cold water
   1 cup cold milk
   4 eggs
   1/2 teaspoon salt
   2 cups sifted all-purpose flour
   4 tablespoons melted butter

   In a blender jar put the liquids, eggs and salt in first, then add the flour, and next the butter. Cover and blend at high or top speed for approximately one minute.

   (NOTE: If bits of flour adhere to sides of the blender jar, stop the blender and dislodge them with a rubber spatula or scraper and then blend for 2 or 3 seconds more.)

II. Procedure:

1. Read through all of the steps in the procedure or directions in a recipe before beginning and clarify any questions that you might have with the instructor before beginning.

2. Check to make sure that the crêpe pan or skillet has been properly seasoned and received proper care. If the pan has not been properly seasoned, season by heating it until just hot enough to touch. Rub the pan with cooking oil and let it stand overnight, then wipe clean with paper toweling. Do not scour it.

3. In a mixing bowl, beat eggs with a wire whisk or mixer until the yolks are blended well.

4. Then beat in milk and other liquid ingredients such as butter, oil, or as specified in the recipe.

5. Next, gradually add and beat in sifted dry ingredients, such as flour and salt, until the batter is smooth and creamy. The batter should be the consistency of very light cream or just thick enough to coat a wooden spoon.

6. Cover and refrigerate the batter for at least 2 hours.

   (NOTE: The crêpe batter may be cooked immediately; however, the "resting" time in the refrigerator allows the flour to absorb more liquid, resulting in a batter that is easier to handle and a higher quality finished product. This "resting" time varies according to the brands or grades of flour and their ability to absorb liquid ingredients.)

7. Preheat a crêpe pan and brush or rub it with butter, margarine or oil.

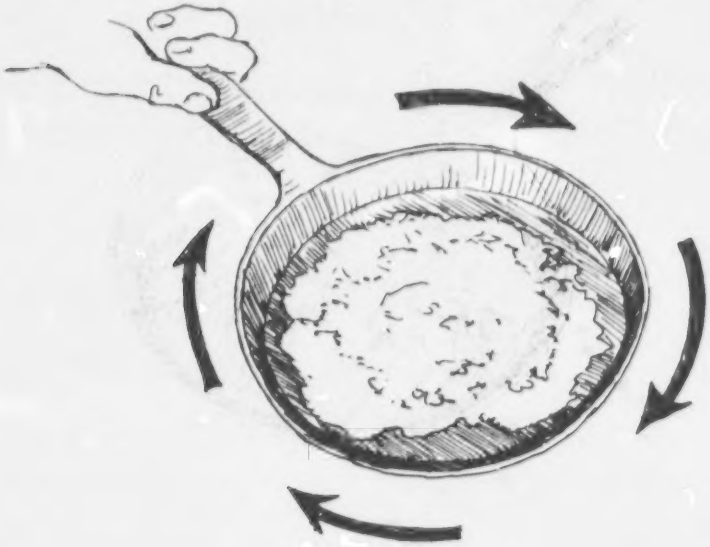
   (NOTE: If using a Teflon pan, grease it for the first crêpe but it does not have to be greased for the following crêpes.)

8. Place the crêpe pan over a moderately high heat until the butter is hot and bubbly, but not brown, or until a drop of water dropped on the skillet sizzles and dances. If using oil, heat it until the oil in the pan is just beginning to smoke.

9. Immediately remove the pan from the heat, holding the pan in the right hand (if you are left-handed, in the left hand). Pour, with the free hand (using a ladle, dipper or measure) approximately enough batter into the middle of the pan for one crêpe, about 2 to 3 tablespoons of batter.

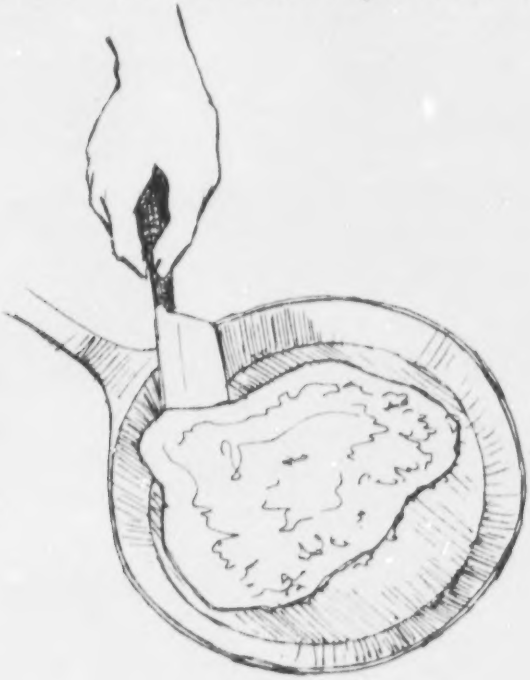
10. Simultaneously tilt and rotate the pan to cause the batter to run and swirl all over the bottom of the pan and cover it with a thin film of batter. Pour any batter that does not adhere to the pan back into the bowl and judge the amount for the next crêpe accordingly. Or if there are any holes add a few drops of batter to patch the hole.

(NOTE: This and the previous step, steps 9 and 10, take only about 2 or 3 seconds to complete.)

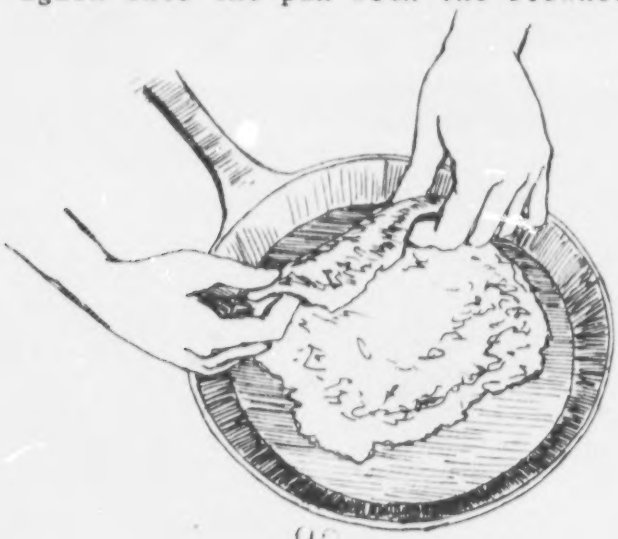


11. Immediately return the pan to the heat for about 60 to 80 seconds. If the heat is right the crêpe will set almost immediately and then within the minute it will brown.

12. Lift the edge of the crêpe with a spatula to check for a nice light brown color, indicating it is ready for turning. Adjust the heat if the crêpe cooks too quickly or too slowly.



13. Turn the crêpe with a spatula, or grasp the edges nearest you with your fingers and sweep the crêpe toward you and over again onto the pan with the browned side up.



14. brown lightly on this side for approximately 30 seconds.

    (NOTE: This side will not brown as nicely and will probably appear spotty. It should be folded inside on the finished product.)

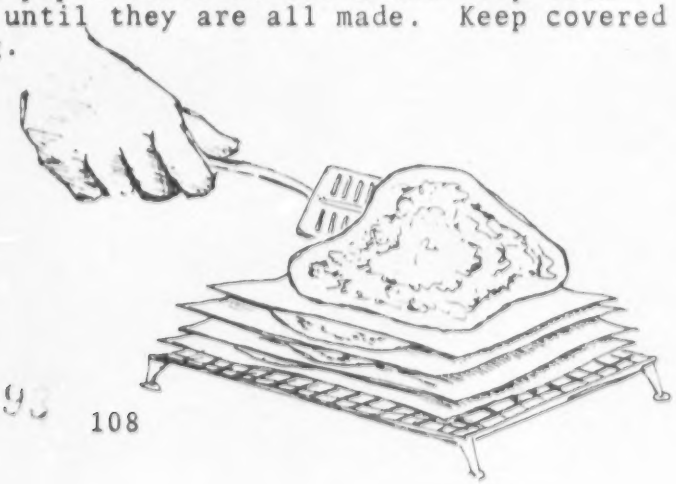
15. Slide the crêpe onto a plate and use the spatula to loosen if necessary.

16. Grease the skillet again and heat until the butter is bubbly or the oil is smoking before making the next crêpe.

17. Stir the batter before making the next crêpe. Usually the first crêpe is a trial one to test the consistency of the batter, amount and heat. If the crêpe seems too heavy add a little milk or water a spoonful at a time. The cooked crêpe should be approximately 1/16 inch thick.

18. Follow the same procedure for the next crêpe.

19. Stack the finished crêpes on a warm plate, separating them with a clean paper towel or cloth and keep them warm in the oven until they are all made. Keep covered to prevent drying.



(NOTE: They may be frozen for future use by separating each crêpe with wax paper and then properly wrapping for freezing. When defrosting, remove the outer freezer wrap and let them stand at room temperature making no attempt to separate the delicate and brittle crêpes until they are thoroughly defrosted.)

20. Spread warmed crêpes with choice of filling. (Use a thin layer.) Roll and garnish with confectioners sugar or sauce depending upon the recipe and type of crêpe dish.

21. Serve.

22. Return all ingredients to the proper storage. Clean work surfaces and equipment. Properly store all equipment and materials as directed by your instructor.

    (NOTE: To clean crêpe pan just wipe with paper toweling after use, or if necessary wash gently with soap and water, rinse and dry immediately. Do not scour.)

23. Compare the product on the following scale.

RATING SCALE FOR CRÊPES

To judge the overall quality of the finished product, use the following points for evaluation. Listed below are descriptions of a poor or low quality product on the left of the scale. On the right side of the scale are descriptions of a good or high quality product. Circle the rating on each of the following points, with the lowest being equal to 1 and the highest equal to 5. Add the points circled for the total score.

LOW				HIGH
Appearance				
Surface deeply pitted with holes, irregular shape, thick				Uniformly pebbled surface having no holes, rounded shape, thin
1	2	3	4	5
Color				
Pale or dark brown, burnt or uneven color on one or both sides				Lightly and evenly browned on both sides
1	2	3	4	5
Texture				
Crumbles, heavy or coarse				Light and fine grain
1	2	3	4	5
Moisture Content				
Soggy, dry or gummy				Slightly moist, but not gummy
1	2	3	4	5
Tenderness				
Tough				Tender
1	2	3	4	5
Flavor and Taste				
Flat or salty, burnt taste				Delicate, pleasing flavor
1	2	3	4	5

TOTAL SCORE _____

COMMENTS:

JOB SHEET #3: MAKING A SOUFFLÉ

I. Materials and equipment needed:

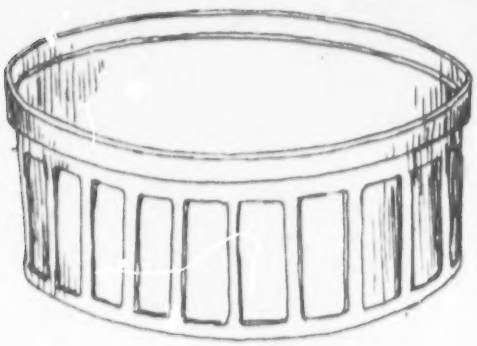
Saucepan (2-3 quart)

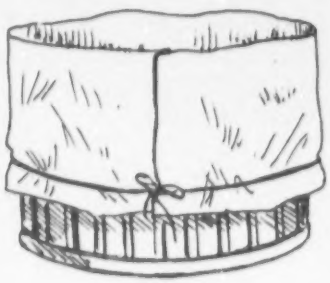
Wire whisk or electric mixer

Spatula or wooden spoon

Mixing bowl

Soufflé dish (a straight-sided casserole with a well-buttered paper collar or buttered, triple thickness of aluminum foil tied around with a string may be substituted.)





The following ingredients or a recipe for a soufflé:

1 tablespoon soft butter
1 tablespoon grated Swiss or Parmesan cheese
3 tablespoons butter
3 tablespoons flour
1 cup hot or boiling milk
1/2 teaspoon salt
1/8 teaspoon pepper
4 egg yolks
6 egg whites
1 cup grated Swiss or Parmesan cheese

II. Procedure:

1. Read through all of the instructions before beginning and clarify any questions with your instructor before beginning.

2. Preheat the oven to 400°F. (205°C.)

3. Grease the bottom and sides of the soufflé dish with approximately one tablespoon soft butter.

4. Sprinkle one tablespoon of grated cheese all around the inside of the buttered dish. Tip the dish to spread the cheese evenly on the bottom and all sides. Set the dish aside.

   (NOTE: This will give the soufflé a delicate cheese flavored crust. When making other types of soufflés this step may be eliminated or altered. Be sure to follow the directions in any substituted recipe.)

5. Melt the 3 tablespoons of butter in a saucepan.

6. When the foam subsides, stir in the flour with a wooden spoon or spatula.

7. Cook over low heat, stirring constantly, for approximately 2 minutes or until the butter and flour foam together. Do not let this roux (flour and butter mixture) brown.

8. Remove the saucepan of roux from the heat.

9. When the mixture has cooled to the point that the bubbling stops, pour in all the hot milk at once.

10. Beat vigorously with a whisk until the roux and liquid are blended.

11. Add seasonings, salt and pepper or seasonings in substituted recipe, and beat the seasonings into the roux mixture.

12. Return the roux to a low to moderate heat and cook, being sure to stir with the whisk constantly, until the sauce comes to a boil. Let it simmer a moment (about 1 minute). The sauce should be smooth and thick.

13. Remove the saucepan of roux from the heat and set aside.

14. Add the egg yolks slowly, one at a time and beat in with the whisk. Each egg yolk should be thoroughly blended in the mixture before adding the next one. Continue this process with the rest of the egg yolks.

15. Add the egg whites to a large mixing bowl and beat them with the whisk until they are so stiff that they form small points which stand up straight without wavering. Another test of the proper stiffness is to place an egg on the top of the beaten egg whites and at the proper consistency they should support the weight of the egg.

16. Stir a big spoonful of the beaten egg whites into the sauce in order to lighten it.

17. Stir in all but one tablespoon of the grated cheese.

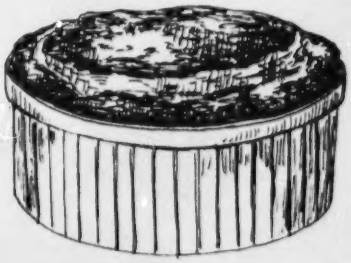
18. With a spatula lightly fold the rest of the beaten egg whites using an over-under cutting motion rather than stirring. Be careful not to over mix or fold too many times.

19. Gently pour or turn the soufflé mixture into the prepared dish noting that the dish should be about three-quarters full.

20. Lightly smooth the surface with a spatula and sprinkle the remaining tablespoon of cheese on the top.

21. Tap the bottom of the mold lightly on the table.

22. To make a decorative cap on the finished soufflé, cut a trench approximately 1 inch deep and 1 inch from the rim around the dish with a spatula.



23. Place the soufflé on the middle rack in the center of the preheated oven and immediately turn the heat down to 375°F. (190°C.). Be certain not to open the oven door for at least 20 minutes.

24. After 25 to 30 minutes the soufflé will puff up about 2 inches over the rim of the mold and the top will be lightly browned. Continue baking about 4 or 5 minutes longer in order to firm the soufflé.

25. Serve at once because it falls as soon as it begins to cool. Use a serving spoon or fork to puncture the top of the soufflé lightly and spread it apart for each serving.

26. Clean all work surfaces and equipment. Return all ingredients, equipment and materials to their proper storage as directed by your instructor.

27. Compare your product on the following scale.

RATING SCALE FOR SOUFFLÉ

To judge the overall quality of the finished product, use the following points for evaluation. Listed below are descriptions of a poor or low quality product on the left of the scale. On the right side of the scale are descriptions of a good or high quality product. Circle the rating on each of the following points, with the lowest being equal to 1 and the highest equal to 5. Add the points circled for the total score.

	LOW				HIGH
Appearance	Exterior has sunken top, interior shows ingredients not blended	1	2	3	Top puffed and slightly rounded 4 5
Color	Pale or dark brown, burned	1	2	3	Delicate or golden brown 4 5
Texture	Compact or curdled	1	2	3	Light and puffy 4 5
Moisture Content	Dry or watery	1	2	3	Slightly moist with mixture coagulated throughout 4 5
Tenderness	Rubbery or tough	1	2	3	Tender 4 5
Flavor and Taste	Flat or salty	1	2	3	Well-seasoned 4 5

TOTAL SCORE _____

COMMENTS:

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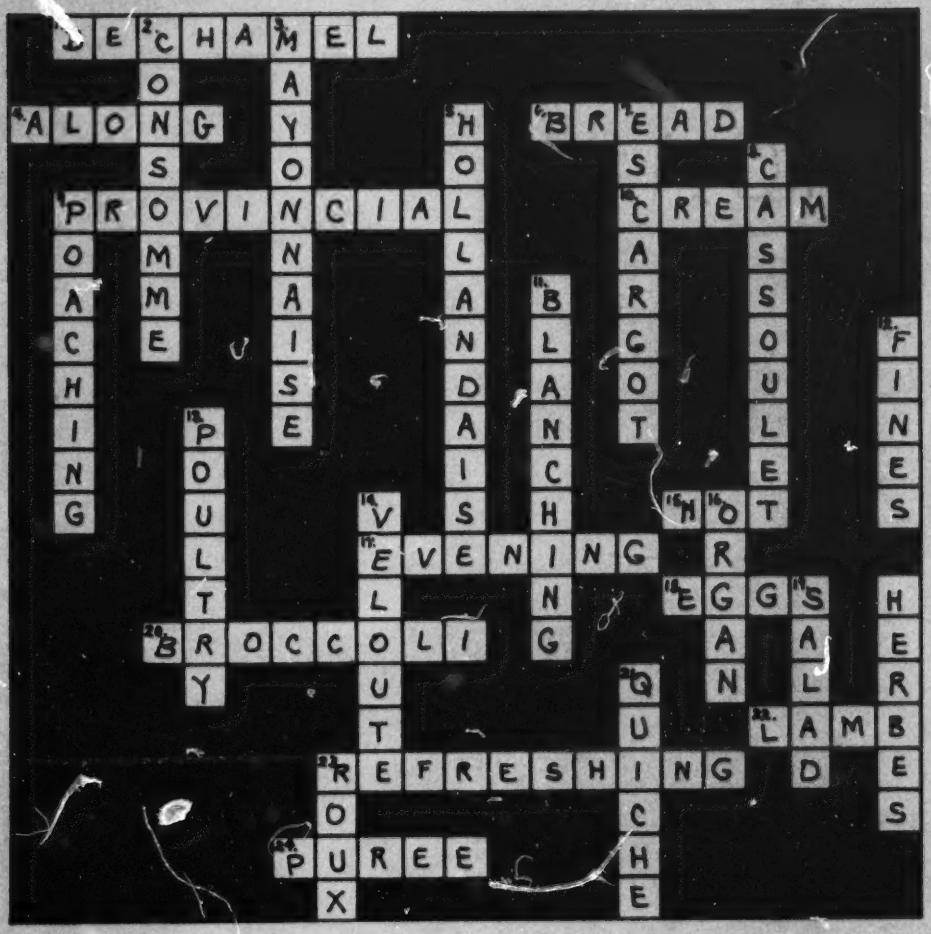
FRENCH CUISINE AND FOOD HABITS
UNIT III

ANSWERS TO ASSIGNMENT SHEET #1


1 DE 2 C H A 3 M E L
O A
4 A L O N G A Y 5 H 6 B R E A D
S O O S 7 C
8 P R O V I N C I A L 9 C R E A M
O M N L A S
A M A L A 10 B R A S S
C E I N L G O 12 F
H S D A O U I
I 13 P E A N T L N
N O I C E
G U 14 V S H 15 H 16 O T S
L 17 E V E N I N G R
T L N 18 E G G 19 S H
20 B R O C C O L I G A A E
Y U N L R
T 21 Q U 22 L A M B
23 R E F R E S H I N G D E
O C S
24 P U R E E H
X E

Name _____

Class _____

Score _____

FRENCH CUISINE AND FOOD HABITS
UNIT III

TEST

Multiple-Choice: Read the following items and possible responses. Choose the best response that completes the thought or that best answers the question. Write the letter of your response in the space provided to the left of the numbered item.

____ 1. Provincial French cuisine is:

a. classic cooking of trained chefs
b. home or family-style cooking
c. cooking of famous restaurants
d. all of the above

____ 2. Hors d'oeuvres should be designed to:

a. refresh and amuse the eye
b. stimulate the appetite
c. complement the rest of the meal
d. all of the above

____ 3. The two kinds or categories of hors d'oeuvres are:

a. hot and cold
b. sweet and tart
c. large and small
d. garnishes and appetizers

____ 4. Which of the following is NOT a common hors d'oeuvre in French cuisine?

a. canapés garnished with meat
b. fresh vegetables served as a small salad
c. brioche

____ 5. Which of the following is NOT among the most common examples of fish and seafood included in French cuisine?

a. frog legs
b. salmon
c. lobster
d. sturgeon and minnows

____ 6. An important and typically French method of preparing fish is:

a. frying
b. broiling
c. poaching
d. baking

____ 7. The French prefer to prepare veal by:

a. frying
b. broiling
c. braising
d. casserole-roasting

____ 8. Which of the following is NOT among the most characteristic uses of poultry in French cuisine?

a. fricasséed chicken
b. roast goose
c. fried chicken
d. stewed chicken

____ 9. A rich combination of baked beans and meat popular in southwestern France is:

a. stew
b. cassoulet
c. thermidor
d. fricassée

____10. Beef in France is usually cut:

a. into steaks
b. into fillets
c. along the muscle
d. across the grain

____11. The French prefer which type of salad?

a. combination green salads
b. potato salads
c. meat salads
d. fruit salads

____12. Which of the following is NOT among the most common French desserts?

a. cakes
b. mousses
c. sweet soufflés
d. truffles

____13. A vegetable that is rarely served in French cuisine is:

a. asparagus
b. artichokes
c. broccoli
d. brussels sprouts

____14. The popular French bread made of flour, water, salt and yeast and which has large patterned holes in the center is:

a. baba
b. brioche
c. plain French bread
d. savarian

____15. A lightly textured, crumbly, yeast and egg bread that is popular in France is:

a. baba
b. brioche
c. plain French bread
d. savarian

____16. In French cookery, the technique of dropping fresh vegetables into a large amount of boiling salted water and then plunging them into a large quantity of cold water is:

a. blanching
b. refreshing
c. warming
d. dunking

____17. Which of the following is NOT among the most common uses of eggs in French cuisine?

a. garnishes for entrées
b. soufflés
c. quiches
d. fried eggs

Matching: Match the following descriptions and uses in the left hand column with the different types of sauces in the right-hand column. Write the letter of the most appropriate match in the space provided to the left of the numbers. Some of the sauces may be used more than once.

	DESCRIPTION OR USE	SAUCE
____18.	The thickening agent made simply of flour and butter having either a light or dark color when cooked	A. Béchamel
____19.	The most famous French sauce made of warmed egg yolks flavored with lemon juice and butter	B. Brown
____20.	The most famous sauce made of egg yolks and oil	C. Butter
____21.	A sauce made of flour, butter and milk	D. Hollandaise
____22.	A long-simmered, lightly thickened sauce, sometimes called *demi-glace* with stock and flavoring added	E. Mayonnaise
____23.	Sauce made of the usual one part vinegar and three parts oil	F. Roux
____24.	Sauce used for baking and broiling seafoods, for shirred eggs, in chicken dishes, in vegetables and for enriching soups	G. Tomato
____25.	A thickening agent for most of the white sauces	H. Velouté
____26.	A sauce made of butter, flour and stock of veal, chicken or fish	I. Vinaigrette
____27.	A famous French sauce that is served warm, not hot	
____28.	A sauce generally served just as it is or flavored with herbs	

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Matching: Match the descriptions in the left-hand column with the appropriate classification in the right-hand column. Write the letter of the most appropriate match in the space provided to the left of the numbers. Some of the classifications may be used more than once.

	DESCRIPTION	CLASSIFICATION OF SOUPS
____29.	A soup made from a foundation of béchamel sauce with fish, meat, poultry, game or vegetables added, then sieved and blended	A. Consommé
____30.	A rich, clear soup made from a base of meat stock and water	B. Cream
____31.	A soup made from butter, flour and stock of veal, poultry or fish, with fish, poultry or veal either cooked in or added when cooked and puréed, and finally the mixture is thickened with egg yolks, cream and butter	C. Purée
____32.	Soups made from fish, meat, poultry or vegetables cooked in water with seasoning, herbs and butter, then puréed	D. Velouté

Matching: Read description or examples of French cheese in the left-hand column and write the letter of the most appropriate match in the space provided to the left of the number. Some classifications may be used more than once.

	DESCRIPTION OR EXAMPLE
____33.	French Gruyère or Emmental, Comte and Beaumont are popular examples
____34.	A soft, white, velvety smooth crust and a center that is soft to the touch
____35.	Cheeses that are very firm with no resiliency, and a fairly sharp flavor
____36.	Saint-Maure, Saint-Marcellin and Valençay popular examples
____37.	Boursin, Petit Suisse and Neufchatel are popular examples
____38.	St. Paulin, Port Salut and Muenster are popular examples
____39.	Brie, Camembert and Coulommiers are popular examples
____40.	Roquefort is oldest and most notable in this classification
____41.	Fondu au Raisin and Gourmandise or cherry cheese are popular examples
____42.	Cheeses characterized by a mild, delicate, sweet flavor, a soft creamy texture that varies from heavy sour cream to semifirm with herbs and spices sometimes added
____43.	A smooth, buttery texture, a mild flavor, good melting qualities and an inedible crust
____44.	A marbling produced by penicillin mold, a semisoft and sometimes crumbly texture and a tangy flavor
____45.	Firm texture, ivory yellow color, nutlike flavor and many "eyes"
____46.	Sometimes called chèvres, usually has a varying flavor and texture and a blue-white or grey edible crust
____47.	Blend of various cheeses melted together with a Gruyère base to which butter, milk and cream may be added

	CLASSIFICATION OF CHEESES
A.	Blue
B.	Double and Triple Crèmes
C.	Goat
D.	Hard
E.	Processed
F.	Semihard
G.	Semisoft
H.	Soft ripened

48-49. Herb mixtures commonly used in French cuisine are fines herbes and herb bouquet. Briefly describe in a paragraph the composition of one of the two. (2 points)

50-59. In a paragraph describe the French meal patterns, including the number of meals eaten, the typical foods eaten at each and the order of meal service. (10 points)

60-69. List in the space provided on this page the ten steps in preparing a French omelet. (10 points)

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70-75. In a paragraph briefly describe a good or high quality crêpe including appearance, color, texture, moisture content, tenderness and flavor or taste. (6 points)

FRENCH CUISINE AND FOOD HABITS
UNIT III

ANSWERS TO TEST

MULTIPLE CHOICE

1. b
2. d
3. a
4. c
5. b
6. c
7. d
8. c
9. b
10. c
11. a
12. d
13. c
14. c
15. b
16. b
17. d

MATCHING

18. F
19. D
20. E
21. A
22. B
23. H
24. C
25. F
26. H
27. D
28. G

29. B
30. A
31. D
32. C

33. F
34. H
35. D
36. C
37. B
38. G
39. H
40. A
41. E
42. B
43. G
44. A
45. F
46. C
47. E

48-49. Answer should include one of the following:

1. Fines herbes is the term for a mixture of fresh parsley, chives, tarragon and chervil.

OR

2. Herb bouquet is the term for a combination of parsley, thyme and bay leaf wrapped and tied in cheesecloth.

50-59. Answer should include the following points as given in the Information Sheet section II.

1. French people generally eat 3 meals a day.

2. Breakfast is generally a quick and simple meal of coffee and milk, with butter roll or plain crusty bread and butter and jam.

3. The midday meal is traditionally a substantial meal eaten leisurely.

4. A typical midday meal could be composed of appetizers, beef in burgundy, parsleyed potatoes, tossed green salad, bread and butter, cream puff and black coffee.

5. The evening meal is a simple, light meal.

6. A typical evening meal might include onion soup, cheese omelet, peas parisienne, bread and butter, fruit and milk.

7. Salad is served after the main course.

8. Coffee is served at the end of the meal, never during.

9. Plates and silver are changed often so as not to mix different flavors.

10. Bread is always on the table from the first course until dessert.

60-69. The answer should include the following points in ten steps as given on Job Sheet #1--Making a French Omelet:

1. Break the eggs into a small mixing bowl and stir briskly with a fork for 20-30 seconds until the whites and yolks are blended.

2. Heat the ungreased omelet pan until it is very hot.

3. Place approximately a tablespoon of butter or fat in the pan to coat the bottom and sides.

4. When the foam from the butter has almost subsided but not before it browns, quickly pour in the eggs.

5. Slide the skillet back and forth rapidly over the heat with one hand and at the same time with the other hand stir quickly with a fork to spread the eggs continuously over the bottom of the skillet as they thicken.

6. Within about 3 or 4 seconds the eggs will thicken to form a light broken custard with a lightly browned bottom.

7. Lift the edge closest to you with a fork to gather the omelet, tilt the pan at about a 45 degree angle, and roll the omelet up and over lightly to the far side of the pan.

8. Let it rest momentarily at the tip of the pan and then move the pan over to the warmed plate.

9. Gently tilt the pan even farther and roll the finished omelet onto the plate.

10. Season with salt and pepper and brush with softened butter to make the omelet shine.

70-75. The answer should include the following points as given in the rating scale on Job Sheet #2--Making a Crêpe.

1. Appearance--uniformly pebbled surface having no holes, rounded shape and thin.

2. Color--lightly and evenly browned on both sides.

3. Texture--light and fine grained.

4. Moisture content--slightly moist but not gummy.

5. Tenderness--tender.

6. Flavor or taste--delicate and pleasing.